

AGELESS SKIN & HEALTH SOLUTIONS

Dr. Elaine Burns

Post Dysport Injection Instructions

Please review the following information carefully to achieve optimal results from your treatment and the most comfortable recovery. Please contact the office if you have any questions / concerns.

- Avoid manipulation of the treated area for 2-3 hours following treatment. Do not massage any of the areas of your face that were treated. This could spread the toxin into an area of the muscle where we do not want it to migrate. **However, facial exercise in the area of treatment is recommended (frown/smile for 1 hour).** It will encourage the toxin to move throughout the muscle in a uniform manner. For instance, if we treat your glabellar (the area between your eyebrows), we would want you to frown and/or draw your brows together to encourage the toxin to move throughout the muscle
- You may experience a slight headache or feeling of heaviness – this is normal and will subside within a few days. (headache usually subsides sooner)
- Do not exercise strenuously after your treatment for 24 hours
- It is not uncommon to get a small, reddened area or even a bruise at the site of the injection. If this occurs and you are concerned, or if it persists, please call the office.
- Keep your head elevated for several hours after your treatment; do not lie down for 2-3 hours following treatment or lower your head below your heart as in bending down to pick something up or putting shoes on.
- It can take up to 14 days for the treatment to have 100% effectiveness. This time can vary from patient to patient and, from treatment to treatment. The **average number of days to become evident is 3-10 days.**

Injection treatments need to be repeated at 3 month intervals to be most effective. Your next appointment can be scheduled today to assure that you will remember to come in for your next treatment.

Date of Treatment: _____

My next injection appointment is _____