



Post Treatment Instructions

Dysport / Botox

- It is important to keep your head upright for 4 hours after injections.
- No exercising for 24 hours post injections.
- You can apply makeup after injections. Mineral based products preferred.
- Results generally take 3-7 days to become effective but can take up to 10-14 days.
- Avoid facial massages or any facial treatments for 1-week post injections.
- You may experience a mild headache for 1-2 days post forehead treatment.

If you have never had Dysport or Botox before, it is possible to get a mild headache that can last 1-2 days after injections; you may take Tylenol or Ibuprofen. After any injection it is possible to have bruising and swelling at the injection site; however, it is not very common with these types of injections.

Please call our office if you have any additional questions after the procedure. 417-350-8730

Fillers – Restylane / Restylane Lyft / Silk / Refine / Define

It is possible to have bruising, swelling, and tenderness at the injection site up to 1-2 weeks after the procedure. You do not need to touch or massage the injection site.

Within 6 hours of the treatment:

- Avoid drinking alcohol or strenuous exercise, which may result in additional bruising. Until the swelling and redness have resolved, do not expose the area to intense heat, such as sunbathing, tanning, saunas, hot tubs or hot wax. Also avoid extreme cold, such as skiing.
- Ice packs can be applied periodically to reduce swelling. You may also take pain medications, such as Tylenol, Ibuprofen, Advil, Motrin, etc. However, taking Ibuprofen or Aspirin may exacerbate bruising, as they have blood thinning properties.
- You can take Arnica to help heal bruising and swelling post procedure. You can find this in many forms at any health foods store.
- Minimize movement of the treated area. If there is a visible bump, you can massage the area. The product will soften into the skin naturally within a few days. Local swelling or induration in the tissues can create lumps and bumps for 1-2 weeks post injection. If there are lumps after 2 weeks please call the office to schedule a follow up appointment.
- Sunscreen and makeup can be applied, and the area can be gently washed with a gentle cleanser.

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We value ALL of our clients and we want you to be so excited about your experience here at Beautiful You from the first greeting through the final results! If you feel so inclined, please leave us a Google review at [beautifulyoupc.com/reviewus](https://www.beautifulyoupc.com/reviewus). We appreciate your time in helping others with their decision to make the BEST decision in choosing their beauty services home.