



After Care Instructions

Botox / Dysport / Daxxify

Typical Recovery: Mild redness or swelling for a few hours. Most patients get back to their activities immediately following treatment.

Aftercare Instructions

- Try to exercise your treated muscles for the first hour after treatment (e.g., practice frowning, raising your eyebrows, or squinting). This helps to work the treatment into your muscles. Although this may help your procedure outcome, it will NOT impact your treatment negatively if you forget to do this.
- Do NOT have a facial, nor rub or massage the treated area for 24 hours after your treatment.
- Do NOT lie down or do strenuous exercise for three hours after treatment. Also, avoid any exposure to a sauna, hot tub, or tanning for 4 hours. This will prevent your blood pressure from rising and thus minimize the risk of bruising after treatment.
- Please be aware that some, though very few patients, experience a mild headache. You may take Tylenol to help with this for pain relief.
- Be assured that tiny bumps or marks will go away within a few hours after your treatment. There is a small risk of bruising. If this occurs, do not worry since it will only be temporary and can easily be covered up with makeup. Any little bit of bruising may last up to one week.
- Results begin within 24 hours to 5 days, with full results visible at ~2 weeks. Effects typically last 3-4 months.

These instructions are general guidelines and do not replace medical advice. Please follow any specific instructions provided by your healthcare provider. If you have any questions or concerns regarding your recent treatment, please call us at (703) 766-2220.