

GUIDELINES FOR BOTOX/DYSPORE TREATMENT

Make sure to keep direct pressure on the treated area(s) after leaving the office. Ideally, you should maintain direct pressure with a cold compress for several hours after the procedure (the longer, the better). This helps minimize bruising and prevents the Botox/Dysport from migrating away to other areas.

Avoid increases in heart rate and blood pressure for at least 24 hours, which includes but is not limited to exercise, vigorous activity, etc.

Despite these measures, a small percentage of patients may still experience some bruising during the first 24-72 hours. Makeup is permitted to help conceal the temporary discoloration.

You should begin to notice the desired changes on average within 48 hours of the procedure. A good test is to try re-creating the wrinkle for example, by frowning or smiling. There should be minimal muscle movement noted with nearly complete absence of wrinkle formation in that particular area. In some cases where a wrinkle was present even at rest, it may take more time and treatment to see additional improvement.

Call our offices immediately at (619) 296-3223 if you experience any of the following:

- Persistent fever / over 100.4 (38 C) despite Tylenol every 4 hours
- Excess redness / swelling or warmth in the treated area(s)
- Pain not controlled with Tylenol every 4 hours

I ACKNOWLEDGE UNDERSTANDING OF THE ABOVE _____ (PATIENT SIGNATURE)