

# POST-TREATMENT INFORMATION AND INSTRUCTIONS

Please read the following and keep it for reference for common and uncommon side effects of the treatment and for post-treatment care.

If you experience any significant discomfort or side effect as a result of treatment, you should notify the clinic immediately.

## BOTOX / DYSPORT

### Side effects

Common	Uncommon	Rare or very rare
Small lumps in treatment area, usually resolves within 1-2 hours	Spot bleeding and bruising. Bruising usually resolves in 7-10 days; may be worse if you are taking anti-inflammatories, fish oil, krill oil or St John's wort	Itching in the treatment area or allergic reaction
Headache, usually mild, after treatment in the frown area or forehead, occurs in about 10-20% of patients	Tenderness or pain in the treatment area, swelling in the treatment area	Abscess or infection
Feeling of numbness, heaviness or tightness or tingling in the treatment area, within the first week, usually resolves by 2 weeks	Incomplete response to the treatment (treated muscle is still moving more than desired). More treatment is required.	Dizziness, nausea, general muscle weakness, double vision, palpitations, flu-like symptoms
	Exaggerated weakness of the treated muscle(s) is uncommon. This will resolve but may last up to 3 months	Weakness in an adjacent muscle. For example, if the frown area is treated, occasionally, the upper eyelid may feel droopy. This usually resolves within a few weeks but may last up to 3 months

### Post-Treatment Instructions

Makeup can be applied to the skin immediately.

Avoid massaging or applying firm pressure to the treatment area for 2-3 days. This includes facial massages, beauty facials, swimming goggles and swimming caps, and sleeping on your face. This causes an increased risk of unwanted spread of the product.

Bruising can be managed with Arnica cream applied very gently to the skin or simply makeup.

Avoid a facial or full face laser treatment for at least a week.

## CONTACT DETAILS

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