



BOTOX & DYSPORT HOME CARE INSTRUCTIONS

1. Do not massage or rub the treated area for the remainder of the day.
2. No aerobic exercise the day of your treatment.
3. Avoid lying down for at least 4 hours after treatment. If you are going to take a nap please prop yourself up and don't put pressure on area/areas that were treated.
4. Contract the treated muscles a few times today. The movement of the muscles may expedite the uptake of the product. If you forget to do this, don't worry, the product will still work.
5. The effects of the above products can begin around day three and increase through day 10.
6. Please apply a sunscreen with an SPF of 30 to the treated area for 24-48 hours after your treatment.
7. No massages or waxing in the treated area for 1 week after your treatment
8. Do not use your Clarasonic or other cleaning brushes in the treated area the night of the treatment.
9. If you choose to do a body cleanse or detox following treatment, know that results of treatment may not last as long as expected due to removal of toxins.
10. Please contact our office at 608-240-0088 or after hours call Anne at 608-513-8699 with any questions or concerns and please remember to schedule your 2 week post treatment appointment if you would like to review before and after photos. You will be due for your next treatment between 3-6 months.