



Medicine of Cosmetics

After Care for Botox and Dysport Treatments

1. Avoid massage or manipulation in the treated area for at least 4 hours.
2. Contract the treated muscles as much as possible for the first hour post treatment.
3. Maintain an upright position for a minimum 4 hours after treatment.
4. Avoid excessive exercise on the day of treatment.
5. Avoid any heavy lifting on the day of treatment.
6. The effects of the treatment will be evident in approximately 5-10 days.
7. The results of the treatment are temporary. You will need further injections approximately every 3-5 months to maintain results.
8. It is not unusual to experience a mild headache after treatment and you can take paracetamol as required.
9. Although uncommon - you may notice minor bruising at the injection site especially around the eyes; pressure can be applied at the time and immediately after the treatment as required.
10. Immediately after the treatment you may notice some mild swelling this will settle in an hour or so once the medication has been absorbed by the muscle.

Please Contact Medicine of Cosmetics on 0421 952 996 if you have any concerns.

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