



Manhattan Beach Dermatology

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Instructions For After Your Botox / Dysport Treatment

Immediately after injection, there will be some raised bumps in the treated areas, and these will resolve within 10 minutes. Occasional needle marks or small bruises can immediately be covered with makeup.

Remain in an upright position for at least 3 hours following injection of Botox / Dysport.

Do not do any exercise or heavy lifting for 3 hours after treatment.

Do not wear any hats or headbands over the treated area for 3 hours after injection.

Do not schedule any massages or facials for 3 hours after injection.

Do not rub or touch the area where Botox /Dysport was injected for 3 hours.

Botox / Dysport takes 3 - 7 days to take effect. It does not reach maximum effect for 10 - 14 days. If you feel you need more than the standard dose, wait at least 10 days to evaluate your muscle function before scheduling for additional Botox / Dysport.

Return for repeat treatments with Botox / Dysport every 3-5 months as needed when muscle action returns and expression lines become visible again.