

# SIX ZONES

## *Botox & fillers*



REBECCA A. PAPPALARDO, MD

### POST-CARE INSTRUCTIONS FOR BOTOX/DYSPORE INJECTIONS

1. Visible bumps may be seen at injection sites. These are normal and may last up to a few hours.
2. Botox/Dysport will start to work in 2-7 days and peak at 2 weeks. If a “touch-up” is required it will not be injected sooner than (14) days after your initial injection.
3. Do not massage the treatment area.
4. Do not do strenuous exercise for (4) hours following injection.
5. Do not get a massage or dermabrasion, facials or peels for (1) week period. Do not do any other activity that may elevate your core body temperature.
6. If forehead was treated, do not wear a headband or hat for 48 hours.
7. You may wash your face but do not massage or press on injected areas. Do not use a Clarisonic brush for 24 hours. Do not use any abrasive exfoliates or scrubs 24 hours.
8. Bruising may be seen. This happens in a small percentage of treatments and will not affect your treatment results. There may be some mild discomfort and bruising should resolve within one week. The use of Arnica Montana (available at health food stores) may minimize bruising. In addition you may eat fresh pineapple to help minimize the bruising duration.
9. Cosmetics, moisturizers, and lotions may be used the next day. Do not apply pressure or do anything to create discomfort to injected areas.
10. Exercising the muscles up to 10x per hour for first few hours to get product into muscle faster. Overall efficacy of treatment will not be affected by this maneuver.
11. Tylenol may be used to treat any minor pain or discomfort post procedure. Take as needed per directions on bottle label.
12. Any symptoms or problems other than those listed above should be reported to Dr. Pappalardo at 201-638-2104.