

# What to know before your appointment

## Pre-treatment instructions:

- **5-7 days before treatment** - to prevent or minimize bruising, it's recommended that you avoid blood thinning over the counter medications such as Aspirin, Aleve, Ibuprofen, and Motrin. Also avoid herbal supplements like garlic, ginko biloba, omega-3 capsules, and vitamin E.
- **2-3 days before treatment** - avoid "anti-aging" products such as Tretinoin (Retin-A), Retinols and Retinoids, Alpha Hydroxy Acid, and Glycolic Acid. Also refrain from waxing, tweezing, bleaching, or using another hair removal product on the area to be treated.
- **24 hours before treatment** - avoid drinking alcoholic beverages for 24 hours pre and post treatment to help prevent bruising.
- Always consult with your physician if you are being medically prescribed blood thinners before discontinuing use.
- Do not use Dysport if you are pregnant or breastfeeding, are allergic to any ingredients, or suffer from neurological disorders.

## On the day of your treatment:

- Arrive to your appointment with a clean face if possible. If you'd like, you can bring makeup to apply after the treatment.
- A mild amount of tenderness around the treated area is sometimes experienced.
- Redness and swelling after a Dysport injection are normal. However, if the redness / swelling persists and becomes painful, please contact me immediately!
- Even with preventative measures, some bruising might occur. Any bruising will typically only last a few days at most.
- Topical numbing agents can be applied as necessary. Please ask beforehand if you would like to explore this option.

## After treatment instructions:

- Try to exercise the muscles around the treated area(s) - practice smiling, frowning, raising your eyebrows, clenching your jaw, etc. This can help work the Dysport into the muscles.
- Although there are differing thoughts on the subject, it is recommended that patients not lie down for a few hours post treatment.

- Avoid strenuous activity immediately following treatment, and try to avoid long periods of bending over.
- You can gently apply ice or a cold gel pack. This can help reduce swelling and potential bruising.
- Once any swelling or pinpoint bleeding has subsided you can apply makeup around the treated area.
- Do not try to "rub in" the Dysport around the treated area. It's best to avoid putting any excessive pressure on the treated area for the first few days - especially when cleansing or applying makeup.
- You may take Tylenol or other acetaminophen to help with any mild discomfort
- Sunscreen, sunscreen, sunscreen! Avoid extended UV exposure until any redness or swelling has subsided, and always wear sunscreen.
- Wait a minimum of 24 hours before receiving any other skin care or laser treatment.

## **Enhancing your results:**

- While the actual amount (units) vary from patient to patient, typically less is more, especially with younger patients. The right amount of Dysport will be determined by you and I prior to treatment.
- Dysport can take between 3-7 days to "kick in" and a full 2 weeks to take full effect, although some areas may take effect earlier than others. If, after 2 weeks, you are not happy with the results, please contact me for a free touch-up in the treated area!
- For most patients, the benefits of Dysport treatments can be enhanced by using a good skincare system. Products containing Vitamin-C can strengthen the skin and improve laxity and texture. Additionally, use of Retin-A (or Tretonoin) helps rebuild cells in the skin's epidermis (or top layer). Over time, it can strengthen skin, improving firmness and resiliency.
- 98% of skin damage (aging, wrinkles, dark spots, and hyper-pigmentation) is caused by sun damage. Wearing sunscreen is critical to maintaining the look and health of your skin. Sunscreen (with an SPF 45 or greater) should be re-applied after every 4 hours of sun exposure.

The results of Dysport are best with regular and continued treatments over time, so be sure to schedule your next treatment within about 3 months for optimal and continued results!