

Post Treatment Instructions

Botox® Cosmetic / Dysport / Xeomin



Dr. Landa Med Spa is dedicated to providing the best medical aesthetics procedures. Part of providing exceptional care is sharing post treatment information.

DO:

- Remain upright for 4 hours after injection.
- Exaggerate facial expression in injected areas for 1 hour after injection to help Botox spread into the muscles.
- Call the office immediately at 754-600-9373 if you experience any problems or have any questions.

DON'T:

- Take Ibuprofen, Aspirin or Vitamin E for 24 hours after the injection if you have bruising.
- DO NOT massage or manipulate injection sites for at least 12 hours after injection.
- DO NOT exercise immediately after injection, wait at least 10 hours or until the next day.

RESULTS ARE EXPECTED 4-14 DAYS AFTER INJECTION. Full results can take up to 2 weeks.

Healing times may vary from patient to patient. Please call the office with any concerns post-treatment and we will be happy to assist you.

Patient Signature: _____

Date: _____