



## **Post-Care Instructions** **Botulinum Toxin Type A**

1. For the Botox / Xeomin / Dysport to settle in specific muscles, it is important to continue to move the areas that have been treated to “work the toxin into the muscles.”
2. **Keep upright for four to six hours after the injections.** This is very important to minimize the toxin from migrating to unwanted areas – which can create eyelid droop (ptosis). Avoid lying down or leaning forward.
3. Other activities to avoid in the first four to six hours include:  

No exercise	No wearing hats
No air travel on the first day of treatment	No hair washing or blow-drying
Do not touch/massage injected area	No showers
4. Optimal results are in 14 days. **Wait at least 12 days after your injections to start to evaluate the success of the treatment.**

**I have read and received a copy of the these Post Care Instructions.**

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date / Time

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Date / Time

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Activities to AVOID in the first 4-6 hours after injections include:

No exercise

No wearing hats

No air travel on day of treatment

No hair washing or blow-drying

Do not touch/massage injected area

No showers