

# The Beau**ox** Bar

## Dysport Cosmetic™ Pre and Post Treatment Instructions

### Pre Treatment

1. Please avoid the following medications at least 2 days prior: Aspirin, Advil (Ibuprofen/Motrin), Naproxen (Aleve) Excedrin (all OTC pain pills except Tylenol), Vitamin E, Vitamin A, Gingko Biloba, St John's Wort.
  - a. If you are taking any blood-thinning medications as per doctor's orders (such as Coumadin, Warfarin, Plavix, Lovenox), do not discontinue without first consulting the prescribing physician. If you continue to take these medications there is a chance of developing an injection-related hematoma (blood clot).
2. Please avoid alcohol 24 hours prior to treatment to minimize bleeding and bruising.
3. Note that you may have bruising and/or swelling from your treatment. Applying ice to the treated area will decrease bruising.
4. If possible arrive to your appointment wearing no makeup. You will be able to apply makeup after your treatment, although we recommend waiting until the next day to allow for injection sites to seal over.
5. You may apply Arnica, a plant based cream (or tablet form) 24 hours prior to treatment, to help with swelling and bruising. This may be used until the bruising has subsided.

### Post Treatment

1. It is best to try to exercise your treated muscles for a few hours after treatment, this helps work the Dysport into your muscles. It will not affect your treatment negatively if you forget to do this.
2. It is important to not rub or massage the treated areas for 24 hours following treatment.
3. Avoid lying down for at least 4 hours.
4. Try to avoid exposure to intense, direct sunlight and heat (example: sun lamp, steam, sauna) and physical activity for at least 24 hours.
5. It is possible that you may experience a headache and/or flu-like symptoms for approximately 24-48 hours. Avoid taking Aspirin, Ibuprofen, Motrin, Aleve, Vitamin E, or Fish oil for the next 24-48 hours; as they may cause bruising to worsen. Tylenol may be taken.
6. Avoid alcohol intake for approximately 24 hours after treatment. As always, tobacco and illicit drugs are discouraged.
7. You may apply Arnica, a plant based cream (or tablet form) to help with swelling and bruising. This may be used until the bruising has subsided.
8. The redness and marks on the treated areas will likely disappear within a few hours after treatment. There is a slight risk of bruising that may last up to two weeks.
9. Dysport Cosmetic™ has an onset of 1-3 days; may take up to one week for full effect. Results may vary. If there is partial improvement of a treated site, and re-treatment is desired, a second treatment may be performed.
10. Dysport Cosmetic™ requires a special technique in order to customize the injections to your individual muscular structure. Therefore, over the next few months, it is important that your muscle activity recovers but that your skin is not creasing to the point from where you started.

11. Dysport Cosmetic™ is a temporary procedure and at first, you may find that your treatment results will last approximately three to six months. If you maintain your treatment appointments with frequency recommended, the duration of each treatment result may last longer.
12. To achieve optimal results, you will need to repeat Dysport® treatments when you notice recurrent muscle activity, before the Dysport completely dissipates.

You will receive a follow up phone call 1 week post treatment. Clients will be seen for in person follow up appointments as necessary. If you have any questions, please feel free to contact us.