



### **Instructions Following Treatment - Botox & Dysport**

1. Remain upright for four (4) hours after treatment. DO NOT lay down or semi-recline; this may cause BOTOX or DYSPORT to drift downward.
2. DO NOT touch or massage the treated area(s) for four (4) hours after treatment.
3. Exercise the treated area(s) every fifteen (15) minutes for four (4) hours after the treatment.

Exercise for the treatment of:

- Crows feet: *Smiling*
- Between Eyebrows: *Squeeze eyebrows together*
- Forehead: *Raise eyebrows*

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