

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

- Remain upright for four (4) hours after treatment. <u>DO NOT</u> lay down or semi-recline; this may cause BOTOX or DYSPORT to drift downward.
- 2. <u>DO NOT</u> 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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