

DYSPORT® POST-CARE INSTRUCTIONS

Fox Valley Plastic Surgery SC

Your treatment is complete. These instructions help reduce irritation and support the best possible cosmetic result. Follow any personalized directions given by your injector.

For the First 4 Hours

- Remain upright. Avoid lying flat or bending forward for extended periods.
- Do not rub, press, massage, or manipulate the treated areas.
- Avoid tight hats, headbands, goggles, or anything that puts pressure on injection sites.

For the First 24 Hours

- Avoid strenuous exercise and activities that significantly increase your heart rate.
- Avoid facials, facial massage, microdermabrasion, laser treatments, or other procedures on the treated area.
- Use gentle skin care. Apply makeup carefully without rubbing the injection sites.
- Limit alcohol and avoid excessive heat, including hot tubs, saunas, and very hot showers, if you are prone to bruising or swelling.

What to Expect

Today	Small bumps, redness, tenderness, mild swelling, or bruising may occur and usually improve within hours to a few days.
2-3 days	You may begin to notice an effect. Results develop gradually and can vary by patient.
Up to 14 days	Allow up to two weeks for the full effect before evaluating your result.
About 3-5 months	Cosmetic results are temporary. Duration varies by treatment area and individual response.

Comfort and Bruising

- A cool compress may be applied gently for short intervals. Do not press firmly on the treated area.
- For discomfort, use the pain reliever recommended by your medical provider. Ask before taking aspirin, ibuprofen, naproxen, or supplements that may increase bruising.
- Contact the office before starting any new medication after treatment.

Call the Office or Seek Urgent Care

Contact us promptly for: increasing redness, warmth, drainage, severe pain, significant swelling, vision changes, or an unexpected facial change.

Get emergency medical help immediately for: trouble breathing, swallowing, or speaking; widespread muscle weakness; double or blurred vision; drooping eyelids; loss of bladder control; or signs of a serious allergic reaction. These symptoms may occur hours to weeks after treatment.

Follow-Up

- Do not judge the final result too early. Contact the office if you have concerns after the full two-week settling period.
- Do not receive another botulinum toxin treatment unless your provider approves it. Dysport units are not interchangeable with units of other botulinum toxin products.

Questions or concerns? Call Fox Valley Plastic Surgery at 920-233-1540.

This handout supplements, but does not replace, instructions from your treating medical professional.