

Post-Treatment Care for Neuromodulator Treatments

(Botox® & Dysport®)

To ensure the best results and minimize the risk of product migration, please follow these guidelines after your treatment:

IMMEDIATELY AFTER TREATMENT

- Remain upright for **4 hours** — avoid lying down or bending forward excessively
- Avoid rubbing, touching, or massaging the treated areas for the rest of the day
- Avoid hats, tight headbands, or anything that applies pressure to the forehead
- You may gently cleanse your face with clean hands

MAKEUP & SKINCARE

- Avoid applying makeup for **1 hour**, **except** for **Jane Iredale mineral cosmetics**, which may be applied immediately if needed
- Avoid facials, facial massage, dermaplaning, microdermabrasion, or laser treatments for **2 weeks**
- Resume your normal skincare routine tomorrow, avoiding exfoliation for 24 hours

EXERCISE & ACTIVITY

- Avoid strenuous exercise, hot yoga, steam rooms, saunas, and excessive heat for the rest of the day
- Normal daily activity may resume **tomorrow**

WHAT TO EXPECT

- Small bumps or redness at injection sites are normal and usually fade within 10–20 minutes
- Mild tenderness or a slight headache can occur — acetaminophen may be used if needed
- **Dysport® results may begin around day 2–3, with full effect by day 5**
- **Botox® results typically begin around day 3–5, with full effect between 10–14 days**
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HOW LONG RESULTS LAST

- Botox® and Dysport® generally last **3–4 months**, though duration varies based on metabolism, dose, and treatment area
- Consistent treatments help maintain smoother, refreshed results over time

WHEN TO CONTACT US

Please reach out if you experience:

- Severe or persistent headache
- Drooping of the eyelid or brow
- Spreading redness, warmth, or signs of infection
- Any symptom that feels unusual or concerning

Call: 269-354-2064

Email: info@alamarmedspa.com

We are here to support you and ensure you love your results.