



**BOTOX® Cosmetic/Dysport**  
**Pre and Post Care Instructions**

1. ReFresh Aesthetic Center/Dr. Mark Blake only uses FDA approved Allergan manufactured BOTOX® Cosmetic.
2. It is helpful to avoid blood thinning over the counter medications such as Aspirin, Motrin, and Aleve. Tylenol is OK to use. Please notify practitioner if you are using prescription or non-prescription blood thinners so extra precaution can be taken to avoid bruising. IF bruising occurs, it is most common around the eyes and can be covered using a green or yellow cover up stick. While we make every effort to avoid bruising, this may occur because the skin around the eyes is very thin and there are several small vessels in this area. Bruising is usually minimal and may take up to 7 days to resolve completely.
3. If this is your first time receiving a BOTOX® treatment at our Center, a "Before" photo will be taken. Your treatment will take effect in anywhere from 2 days to 2 weeks, but most commonly within 3-5 days. *Since everybody is different, your BOTOX® Cosmetic treatment is tailored specifically for you and therefore we would like to see you back in 2 weeks for a quick check of your treatment outcome. Any refinements to your dose will be done then at the price paid, per unit, with your initial visit.*
4. We would like to see you return in 2 weeks to make sure both you and we are satisfied with the results! We appreciate your trust in us. At that time we will also take your "After" photo for your patient file. This photo will not be shared without your express written permission.
5. Immediately following your treatment, please do not lie down for 2 hours.
6. Avoid any massage or pressure to the area, as this may disrupt the placement of the drug. If you would like to reapply makeup, please do so gently over the treated area.
7. Refrain from heavy exercise for 12 hours.
8. Contract and release the treated muscles every few minutes over the next hour. This may help with the "uptake" of the drug.
9. Allergan, the manufacturer of BOTOX®, as well as our own patient experiences, report average duration of results is approximately 4 months. It is important to maintain regular injection intervals to maintain an optimal aesthetic result and prevent returning to your original pre-treatment condition.
10. Let us know if you have any comments, questions or concerns. The entire staff at ReFresh Aesthetic Center is committed to patient education, safety and care.

**414-964-1111**