



# TIMELESS

## SKIN SOLUTIONS

### **botox cosmetic® and dysport™ before & after treatment instructions**

#### **Before Injection:**

If you've started any antibiotics or other medications since your initial visit, please let us know. Avoid alcohol, aspirin, Vitamin E, fish oil, St. John's Wort, and non-steroidal anti-inflammatory products 3 days prior to treatment, unless otherwise directed. This is to decrease the likelihood of bruising. To avoid possible discomfort, you may take 1g of acetaminophen (i.e. Tylenol) one hour prior to your scheduled appointment. Do not substitute another pain reliever.

#### **After Injection:**

Remain upright for 4 hours.

Exaggerate facial expressions in injected areas for 1 hour (squint, frown, raise eyebrows, smile, etc.).

Do not participate in any strenuous exercise for 1 hour.

Do not massage or manipulate injection sites for 48 hours.

Results are expected within 7-10 days after injection. In some patients, it may take up to 14 days to reach full results.

On average, results will last for 3 months. Everyone has a unique requirement on the amount of product it takes to achieve optimal results. Following the first treatment, you may need to return for a second treatment if you do not achieve the optimal expected result with the initial dosage.

Please schedule your follow up appointment prior to leaving office.

Call our office immediately if you experience any problems or have any questions (614) 799-5100 or email [contact@timelessskinsolutions.com](mailto:contact@timelessskinsolutions.com). In case of emergency call 911.