

## Ideal Health Medical Center

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### Dysport®/BOTOX® DISCHARGE INSTRUCTIONS

- It is recommended that you maintain an upright posture for 4 hours
- Aerobic exercise/Physical activities are prohibited for 24 hours
- Forward bending and laying down is prohibited for 4 hours after injection
- **DO NOT FLY ON AN AIRPLANE/HELICOPTER FOR 2 DAYS AFTER INJECTION**
- The treated area should NOT be rubbed vigorously or massaged
  
- DO use the muscles that were treated; that is to frown and raise your eyebrows. This may help increase the response of the targeted muscles.
  
- Bruising, usually at or near the injection site, may be from the use of aspirin or aspirin-like products, including vitamin E, generally clears within 7-10 days. You may apply Arnica gel to speed up the healing process.
- Headache and pain at the injection site, related to the actual treatment, is usually mild and transient, lasting less than 24 hours. Headaches may be relieved with Tylenol and/or ice.
  
- Please return to the clinic 2 weeks following your injection for you Dysport/Botox checkup. This is the perfect time to touch up any areas, if needed (extra charge for touch up)

**If you have any questions regarding your treatment,  
Please call us at 404.348.4441**

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