

## Post Care for Botox, Dysport, and Xeomin

- Avoid lying face down for several hours following treatment.
- Avoid massages or facials right after treatment.
- Avoid strenuous exercise for four hours after treatment. • Avoid saunas for four hours after treatment.
- Avoid manipulation of the area withing the first hour after the procedure.
- If you need to apply make-up, use a gentle touch, and avoid rubbing injection areas.
- Tiny bumps and marks at the injection site usually disappear within a few hours.
- If you experience bruising, you can apply over-the-counter Arnica gel to speed healing.

### Reminder:

- It usually takes 3-14 days for full treatment effects to appear.
- Results last 3-4 months on average. •
- Regular treatment is necessary to maintain results, optimally done right before the toxin wears off.

If there is any concern, PLEASE call/text Kearny Mesa 619 692 9300 or Solana Beach 858 755 4366 AND email us photos to [patients@beautyandbodylounge.com](mailto:patients@beautyandbodylounge.com) so we can further assess the situation.

