



Adebola Dele-Michael, MD FAAD  
Insoo Om, RPA-C

---

## Post Botox & Dysport Treatment Instructions

- You may have bruises in the areas treated with Botox/Dysport. This is normal.
- It will take up to 2 weeks for you to experience the full effect of the Botox treatment. Be patient. Please wait until the 2 weeks has passed before assessing if you are pleased with the result.
- The goal of the treatment is to improve the appearance of skin lines without complete paralysis of facial muscles so you can benefit from continued use of subtle facial expressions.
- The treatment result is temporary. At first, your results will last for 3-4 months. With subsequent treatments at recommended intervals, the results may last longer than 4 months.

### DOs

- Exercise your treated muscles for 1-2 hours after treatment (e.g. practice frowning, raising your eyebrows, or squinting). Although thought to help, it will NOT impact your treatment negatively if you forget to do this.
- Feel free to shower and go about most other regular daily activities. Apply make-up with GENTLE motion when pin-point bleeding stops.
- Take Tylenol by mouth or apply cold compress for mild tenderness, headaches or discomfort
- Do CALL us at 212-229-0007 for any questions or concerns

### DON'Ts

- Do NOT rub or massage the treated areas for 4 hours after your treatment.
- Do NOT practice Yoga or any type of strenuous exercise for 4 hours after treatment.
- Avoid facials, saunas and lying down for 4 hours after your treatment.
- Do NOT drink alcohol or take Aspirin, or NSAIDs (Ibuprofen, Advil, Motrin, Naproxen) for a minimum of 12 hours to avoid bruising.

**Please be advised that full payment for cosmetic treatment is due before services are rendered. We accept cash, MasterCard, Visa, Discover card, and Care Credit. No refunds or credit will be granted after service is rendered. Thank you.**

116 Central Park South, Suite 7, New York, New York

P: 212-229-0007

F: 212-202-6350

E: [info@radiantskinnyc.com](mailto:info@radiantskinnyc.com)

[www.radiantskinnyc.com](http://www.radiantskinnyc.com)