



DERMATOLOGY
SPECIALISTS

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Care Following Botulinum Toxin Injections (Botox, Xeomin, Dysport)

1. Do not lie down for at least 4 hours.
2. You should avoid rubbing your face in the area that was treated for 24 hours.
3. No exercise (running, aerobics, weightlifting, etc.) for the rest of the day.
4. You may do facial movements like frowning, smiling, or raising your eyebrows. This can help you see the effects of treatment sooner.
5. You may want to avoid alcohol for the next 24 hours to decrease your chance of bruising.
6. Do not take aspirin or ibuprofen for pain for the next 24 hours.
7. You may take Tylenol/acetaminophen for headache or minor pain.
8. It may take up to 10 days to see the full effect of treatment.

If you have any questions or concerns, please contact our office at (972) 699-0000.