



# VIVE MED SPA

## POST CARE NEUROTOXINS INSTRUCTIONS

- Remain upright for 3 hours after injection. Do not lay flat or face down.
- Do not wear a headband or hat where pressure can occur across your forehead if have had injections between the eyebrows or in the forehead.
- No exercise for 24hr hours following injection.
- Avoid touching injection sites for infection control purposes. Washing your face and applying make-up is okay one hour post treatment.
- Bruising is very common at injection sites. If bruising appears, apply ice to the same area for 15 minutes every hour to decrease bruising. Bruising heals with time and can last up to two weeks. Avoid medications that cause blood thinning.
- The most common side effect is headache with Botox injections. You may use Tylenol to relieve this, or please use what your primary care doctor recommends.
- Botox/Dysport will gradually kick in after 24 hours to 10 days. Final results typically peak at two weeks. A two week follow up is recommended.
- If this is your first Botox injection, a follow up appointment is protocol. Monitor for swelling, redness, heat, pain, or other signs and symptoms of infection. If you experience signs of infection, please contact our office.

Please contact the office at 720-698-3327 if you have any questions or concerns.