



Allen Rezai M.D.

Consultant Plastic, Aesthetic & Reconstructive Surgeon

BOTOX® / DYSPORT INJECTIONS

Pre & Post Treatment Instructions

The following is a guideline, if you have any queries, please contact us.

Pre-Treatment Care

- Please do not wear makeup to the clinic: if worn remove it prior to treatment.
- To minimise the risk of bruising:
 - Avoid aspirin or aspirin containing products for a week before the procedure.
 - Avoid alcohol for 24hrs prior to your treatment.
 - Make sure you discuss with your Doctor/ Nurse any bleeding tendencies and current medications being used.
- Get a good night's sleep before the procedure.
- You may take paracetamol half an hour before the procedure and if necessary, to minimise discomfort, topical anaesthetic cream may be applied 10 minutes before treatment, please discuss this with your doctor / nurse.

Post-Treatment Care

- Immediately after the treatment there may be slight redness, swelling, tenderness and an itching sensation in the treated area. This is normal reaction following injection. The discomfort is temporary and generally resolves within a day or two. If it continues or if other reactions occur, please contact our clinic.
- Until the initial swelling and redness have resolved, do not expose the treated area to intense heat (e.g. solarium and sunbathing) or extreme cold.
- Other reactions are very rare and include inflammation on the injection site. This reaction may need treatment but generally resolve within a few days.
- Do not lie down for few hours after the treatment.
- If your skin swells or bleeds easily, plan to go home and apply ice to the area(s) for a few hours.
- Do not use any lotions, creams, or make-up (Mineral make-up may be applied immediately following the procedure) for at least 6 hours after your treatment.
- Avoid rubbing/massaging the treated area for 7 days.
- Although the treatment is well tolerated by most patients, you may use paracetamol for any discomfort. Do not take aspirin, aspirin –containing medication, Ibuprofen, Nurofen or other anti-inflammatories for 24 hours after treatment as this may increase bruising.
- Avoid strenuous exercise (perspiring) for 24 hours following treatment. You may otherwise resume normal activities.
- Alcohol should also be avoided for 24 hours after treatment.
- If you have previously suffered from Facial cold sores, there is a risk that the needle puncture could contribute to another eruption of cold sore. To prevent this, antiviral treatment prescribed by your doctor might have to be taken from the day before treatment until a week after the treatment.
- Botox/Dysport takes 3 to 5 days to begin to work. **The Botox/Dysport treatment can take up to 2 weeks to reach optimal results.**
- The result of your treatment is NOT permanent. You may find that your results will last approximately 3 – 6 months.

Emergency Number to be used during out of office hours: 077 9506 5621