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BOTOX, XEOMIN, & DYSPORT Post Treatment instructions

1. Try to exercise your treated muscles for **1-2 hours** after treatment (e.g., practice frowning, raising your eyebrows or Squinting). This helps to work BOTOX, XEOMIN OR DYSPORT into your muscles. Although this is thought to help, it will NOT impact your treatment negatively if you forget to do this.
2. Do NOT rub or massage the treated areas for **2-4 hours** after your treatment.
3. Do NOT apply makeup for **4 hours** after your treatment,
4. Do NOT lie down or do strenuous exercise for **4 hours** after treatment. Feel free to shower and go about most other regular daily activities.
5. Be assured that any tiny bumps or marks will go away within a **few hours** after your treatment.
6. Results of your treatment may take up to **14 days** to take full effect. We encourage 2 week follow-up appointments to assess treatment results.
7. ***Your follow-up appointment has been scheduled for***

_____ at _____.

8. We strive to fully satisfy our patients with each treatment. If you have any questions about your treatment, then please do not hesitate to **contact our office at (306) 780-3650.**

9. The results of your BOTOX, XEOMIN, OR DYSPORT treatment are not permanent. You may find that your results will last approximately 3 to 4 months. If you maintain your treatment appointments with the frequency recommended by your injector, the duration of each treatment result may last longer than 4 months.

10. Initially, Dr. Ledding sees his patients between the 3 month (12 week) and 4 month (16 week) time period. The best clinical results can be achieved for you during this period.

11. BOTOX, XEOMIN & DYSPORT injections require a special technique in order to customize the treatment to your individual muscular structure. Thus, it is important that Dr. Ledding sees you before your muscles resume the full range of motion (and cause wrinkling again). If you allow your BOTOX, XEOMIN OR DYSPORT to completely wear off, it is difficult for him to be able to see how your individual muscles reacted and therefore optimal results for YOUR face can be more difficult to achieve.

If you have any questions or concerns about your treatment, please contact our office at (306)780-3650.

