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Post Botox/Dysport Care Instructions

Ice the area several times for 10 minutes. Exercise your treated muscles for 5 minutes every 1-2 hours several times after treatment (e.g. practice frowning, raising your eyebrows, or squinting).

Do NOT take advil, ibuprofen, aspirin, Vitamin E etc. in order to reduce the risk of bruising. Avoid alcoholic beverages, exercise, bending forward, since these activities can increase the risk of bruising. If you get a bruise, it's OK to cover it with makeup (green tinted makeup covers up red very well).

If you have any questions or concerns, please call my office.