



DR MONICA SCHEEL  
DERMATOLOGY  
Expert and Personalized Skin Care



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DrMonicaScheel.com

**POST CARE RELAXER (BOTOX/DYSPOORT) TREATMENT**

1. There may be redness, swelling and bruising for approximately 24-72 hours following your treatment (Avoid planning any special events during that time frame). Itching may occur.
2. Using a cold compress immediately after treatment will help to reduce swelling. Apply for 5 minutes every hour after treatment for a few hours.
3. Avoid touching the areas injected with unclean hands within six hours following treatment. You may gently wash the area with soap and water when the numbing subsides.
4. To prevent or minimize bruising, continue to avoid taking aspirin, non-steroidal anti-inflammatory medications, St. John's Wort, Fish Oil and high doses of Vitamin E supplements for 48 hours after treatment. Take 3 Arnica tablets 3 times a day for 48 hours.
5. Refrain from vigorous exercise or exertion for 24 hours. This includes heavy lifting, cross fit, yoga, running, cardiovascular exercise or swimming. It's OK to do normal light house cleaning, running errands, and walking.
6. No Sauna, hot tub, snorkeling or ocean exposure for 24 hours to reduce risk of infection.
7. No firm pressure to area of injection such as hats, snorkel masks, massage or facials within 24 hours to prevent diffusion of the product.

\*You will start seeing results in about 3-5 days, with peak results in 7-10 days. Over a period of 3-5 months, the Relaxer slowly wears off, and the affected muscles regain the ability to contract fully. If desired, treatment is repeated when muscle function returns.

Please contact our office if you have any questions prior to or after your treatment.