



Innovators in Beauty

evolvemedspa.com

What are Botox and Dysport?

- These products relax the muscles of the face and neck to diminish and prevent wrinkles. Lines/wrinkles that are present on the face without expression are called static lines. The use of these products can prevent such lines from ever forming.
- These products can also be used for hyperhidrosis (excessive sweating). The injections are placed into the armpit. Botox or Dysport for sweating are very effective.
- Botox and Dysport are made of the same protein but are made by two different companies. We have found both products to be very effective and will help you determine which is the best for you. Dysport generally starts working faster than Botox.
- Botox and Dysport are dosed differently, but the same number of injection sites is needed per treatment and the final cost is identical in most cases.
- Results can last between 2.5 months to 4 months. There are a variety of factors that can impact how long Botox and Dysport last including the client's metabolism, sun exposure, physical activity level, and stimulant use. Oftentimes, the skin will look better for longer than 3 months. However, we recommend treatment every 3 months so that old wrinkles don't have time to reform and new ones don't appear.

Before Your Evolve Med Spa Botox/ Dysport Treatment

- Please inform your Provider of all medical conditions, medications you are taking, skin disorders, autoimmune conditions, allergies, history of anaphylaxis, and any other medical problems.
- If you've started any antibiotics or other medications since your initial visit with us, please let us know.
- To help decrease your chance of bruising avoid Advil, Aleve, Aspirin, Motrin, Vitamin E, fish oil, St. John's Wort, and other non-steroidal anti-inflammatory products 14 days prior to treatment. Do not stop taking any medications that have been prescribed to you without first discussing it with your prescribing physician.
- It is also recommended to avoid drinking alcoholic beverages 48 hours before treatment to reduce chances of bruising.
- To further help reduce the chance of bruising; start taking oral Arnica 7-10 days before treatment. Take as directed on the bottle.
- If you are being treated for excessive sweating, you may wear deodorant on the day of your appointment.
- Please reschedule if you are pregnant or breastfeeding, actively undergoing chemotherapy or radiation treatment (must be in remission for 6 months).

After Your Evolve Med Spa Botox/Dysport Treatment

- For the next 4 hours keep your head upright.
- For the next 24 hours do not participate in any strenuous exercise, massage or manipulate the injection sites.
- For the next 14 days no facials, microneedling, or other treatments to the face.
- Bruising may occur after injections, and typically resolves within 14 days. Bruising can be covered by lightly applying concealer following treatment.
- Allow 10 days for Botox/Dysport to fully set in before judging the final result, even though some benefits are typically seen earlier. In some clients, it may take up to 14 days to reach full effect. An improvement in skin appearance may begin after Botox/Dysport is fully set in.
- Book a follow up appointment 14-21 days if you need a touchup. We provide complimentary touch ups in areas that are treated with the recommended dosage of Botox/Dysport. Additional units of Botox/Dysport can be purchased at this time where less than the recommended dose was used.
- If you are being treated for excessive sweating you may wear deodorant after your treatment.

- Botox and Dysport are FDA indicated to last about 3 months. However, everyone is unique and the longevity and amount of product required will differ per person. Factors that can impact how long Botox/Dysport last including the client's metabolism, sun exposure, physical activity level, and stimulant use.

Suggested Skincare to Optimize your Botox/Dysport Investment

Medical grade skincare is a great compliment to protect and optimize your investment into your skin. SkinMedica was founded in 1999 with the vision to develop a better way to slow the aging process and unlock the potential of the skin to heal from within. SkinMedica is dedicated to developing products that work with your skin to correct the damage of the past and prepare it for the future. Below are some of our favorite products to protect your investment:

AM: Facial Cleanser + TNS® Essential Serum + HA5 + Ultra Sheer Moisturizer+ Essential Defense Mineral Shield Broad Spectrum SPF 35

PM: Facial Cleanser + TNS® Essential Serum + Retinol Complex 0.5 + Dermal Repair Moisturizer

Morning Regimen: Cleanse/Tone, Correct, Moisturize, Protect

Evening Regimen: Cleanse/Tone, Correct-Rejuvenate, Protect

If you are unsure of the order to place products we recommend lightest product to heaviest product. Allow time in between to allow products to be absorbed to get the full benefits.