



ROZE HEALTH  
MEDICAL AESTHETICS

AFTER YOUR  
**DYSPORT®**  
TREATMENT

AFTERCARE INSTRUCTIONS  
& FREQUENTLY ASKED QUESTIONS



*Your results are our priority.*

Follow these simple guidelines to support your results and keep you looking and feeling your best.



Personalized care.  
Natural results.  
Exceptional experience.

AFTERCARE INSTRUCTIONS

*A little self-care goes a long way.*

Please follow these guidelines for the best results.

✓ DO

Remain upright for 4 hours after treatment.

Be gentle with the treated areas for the rest of the day.

You may use a cold compress to help with any swelling or tenderness.

You may wear makeup after 4 hours.

Results develop over several days and last 3–4 months on average.

✗ AVOID

Strenuous exercise, heavy lifting, or intense workouts for 24 hours.

Heat exposure such as saunas, steam rooms, hot yoga, or hot tubs for 24–48 hours.

Rubbing, massaging, or applying pressure to the treated areas for 24 hours.

Travel by air immediately after treatment is not restricted.



These recommendations help prevent the product from moving to unintended areas and support optimal results.

WHAT TO EXPECT

Everyone's experience is unique, but here is a general timeline.



**24–72 HOURS**  
Results begin to appear.



**7–14 DAYS**  
Full results are visible.



**UP TO 4 MONTHS**  
Results typically last 3–4 months.



**FOLLOW-UP**  
We recommend a follow-up review at 2 weeks.



Natural-looking results are our goal.  
We're always here to help you look and feel your best.



SAFE. EFFECTIVE.  
TRUSTED CARE.



REFINED RESULTS.  
CONFIDENT YOU.



PERSONALIZED TREATMENTS  
TAILORED TO YOU.

FREQUENTLY ASKED QUESTIONS



WHEN WILL I SEE RESULTS?

You may start to notice a softening of lines within 24–72 hours. Full results are typically visible in 7–14 days.



HOW LONG DOES DYSPORT® LAST?

Results typically last 3–4 months, depending on your metabolism, muscle strength, and treatment area.



CAN I EXERCISE?

Avoid strenuous exercise, heavy lifting, and intense workouts for 24 hours.



CAN I LIE DOWN?

Stay upright for 4 hours after treatment. Lying down sooner may increase the risk of product migration.



CAN I WEAR MAKEUP?

Yes, you may apply makeup after 4 hours.



WILL I LOOK “FROZEN”?

Our goal is natural, refreshed results—not an overdone look. We customize every treatment to you.



WHAT IF I BRUISE?

Mild bruising can occur and usually resolves within a few days. Arnica, avoiding blood thinners (if safe and approved by your doctor), and gentle care can help.



DO I NEED A FOLLOW-UP?

We recommend a follow-up review at 2 weeks to ensure you are happy with your results.



WHEN TO CONTACT ROZE HEALTH

Please contact us if you experience:

- Worsening pain, swelling, or redness
- Signs of infection (warmth, pus, fever)
- Difficulty swallowing, speaking, or breathing
- Unexpected muscle weakness
- Changes in vision
- Any other symptoms that concern you



SEEK IMMEDIATE MEDICAL ATTENTION OR CALL 911 IF YOU EXPERIENCE:

- Severe allergic reaction (rash, hives, swelling of face/lips/tongue, difficulty breathing)
- Chest pain or shortness of breath
- Sudden vision loss or severe headache

*We're here for you.*

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Thank you for trusting Roze Health with your care.

