



## **BOTOX**

### **Pre-treatment Instructions**

- Limit consumption of alcoholic beverages prior to treatment (alcohol may thin the blood and increase risk of bruising)
- Limit use of anti-inflammatory/blood thinning medications. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish oil Supplements, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Schedule your Botox appointment at least 2 weeks prior to a special event, which you may be attending, such as a wedding or vacation. Results from Botox injections will take approximately 4-7 days to appear. Also bruising and swelling may be apparent in that time period.
- If you have a history of cold sores, please let your provider know, they may put you on an anti-viral medication prior to treatment. If you have a rash, cold sore, or blemish in the treatment area, reschedule your appointment at least 24 hours in advance.
- You are not a candidate if you are pregnant or breastfeeding.

### **Post-treatment: Botox**

- Do NOT manipulate the treated area for 3 hours following treatment. Do NOT receive facial/laser treatments or microdermabrasion after Botox injections for at least 10 days. Ask your provider if you are not sure about the time frame of certain services.
- Do NOT lie down for 4 hours after your Botox treatment. This will prevent the Botox from tracking into the orbit of your eye and causing drooping eyelid.
- It can take approximately 4-7 days for results to be seen. If the desired result is not seen after 2 weeks of your treatment, you may need additional Botox. You are charged for the amount of product used. Therefore, you will be charged for any additional product used during any touch-up or subsequent appointments.
- Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 6 hours after treatment. This will keep the Botox in the injected area and not elsewhere.

**Please contact the office with any further questions or concerns**