



Botox PRE - TREATMENT INSTRUCTIONS

In an ideal situation it is prudent to follow some simple guidelines before treatment that can make all the difference between a fair result or great result, by reducing some possible side effects associated with the injections. We realize this is not always possible; however, minimizing these risks is always desirable.

- Patient must be in good health with no active skin infections in the areas to be treated
- Patient should not be needle phobic
- Avoid alcoholic beverages at least 24 hours prior to treatment Alcohol may thin the blood which will increase the risk of bruising.
- If you develop a cold sore, blemish, or rash, etc. prior to your appointment you must reschedule.
- Avoid anti-inflammatory / blood thinning medications ideally, for a period of two (2) weeks before treatment. Medications and supplements such as Aspirin, Vitamin E, Gingko Biloba, St. John's Wort, Ibuprofen, Motrin, Advil, Aleve, Vioxx, and other NSAIDS are all blood thinning and can increase the risk of bruising/swelling after injections.
- Schedule Botox® appointment at least 2 weeks prior to a special event which may be occurring, i.e., wedding, vacation, etc. etc. It is not desirable to have a very special event occurring and be bruised from an injection which could have been avoided.



Botox POST - TREATMENT INSTRUCTIONS

- The guidelines to follow post treatment have been followed for years and are still employed today to prevent the possible side effect of ptosis (drooping of the eyelids). These measures should minimize the possibility of ptosis.
- You **MUST** keep your head **UPRIGHT** for at least 6 hours after injection(s). **DO NOT** lie down. **DO NOT** lean forward, shower or cook over a hot stove.
- No straining, heavy lifting, vigorous exercise for 3-4 hours, or sun exposure following treatment. It is now known that it takes the toxin approximately 2 hours to bind itself to the nerve to start its work and because we do not want to increase circulation to that area to wash away the Botox® from where it was injected.
- Avoid manipulation of area for 3-4 hours following treatment. (For the same reasons listed above.) This includes not doing a facial, peel, or micro-dermabrasion after treatment with Botox®.
- Headaches are common. Botox is even used to treat headaches. However, if you have a headache, we recommend you avoid aspirin or aspirin containing products. You may opt instead to use Motrin, Tylenol, and/or cool compresses. If headaches continue or worsen, contact your physician.
- Facial exercises in the injected areas are recommended for 1-hour following treatment. This is to stimulate the binding of the toxin only to the localized area.
- Results of your treatment may take up to 14 days to take full effect although many people will recognize the benefits in 3-5 day after treatment.

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- Botox Cosmetic® is a temporary procedure. In most people the benefits of Botox last about 6 months. Sometimes a few wrinkles may start to return in 2-3months. The effectiveness of Botox will last longer with successive treatments.
- Cold compresses may be used 10 minutes on, 10 minutes off to reduce swelling 2-3x per day during the 1st 1-2 days if need.
- It is recommended that the patient contact the office no later than 2 weeks after treatment if desired effect was not achieved and no sooner to give the toxin time to work.
- You can expect some bruising and swelling around the areas that were injected. Apply ice after treatment for ten minutes on and ten minutes off for one hour.
 - Take 2 Arnica tablets per day for 3 days following (including the day of treatment)
- Makeup may be applied before leaving the office.