

Botox PRE-TREATMENT INSTRUCTIONS

- If you have a special event or vacation coming up, please keep in mind that you may want to schedule your treatment at least 2 weeks in advance.
- It is recommended to discontinue the use of Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week before and after treatment to minimize bruising or bleeding. Please consult with your primary physician prior to discontinuing any medications.
- Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods, and cigarettes 24-48 hours before and after your treatment. (All of these factors may increase risk of bruising and swelling)
- If you develop a cold / flu, cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, rescheduling your appointment may be necessary.
- No exercising prior or post treatment

Botox POST - TREATMENT INSTRUCTIONS

- Avoid manipulation of area for 3-4 hours following treatment. This includes not doing a facial, peel, or micro-dermabrasion after treatment with Botox®. This also includes not laying flat 4 hours after treatment and no working out for 24hours.
- Facial exercises in the injected areas is recommended for 1-hour following treatment. This is to stimulate the binding of the toxin only to the localized area. No facial massage after treatment.
- It can take 5-14 days to take full effect. It is recommended that the patient contact the office no earlier than 2 weeks after treatment if desired effect was not achieved. Results last, on average, 3-4 months.
- As with any injection procedure, minimal bruising may occur, arnica pre and post any treatment can assist with bruising. Avoiding blood thinners (as long as cleared by doctor) and avoiding aspirin products and alcohol for the first 24 hours is recommended.

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.