

# BOTOX

## Pre and Post Care Instructions

### PRE-CARE

- If you've started any antibiotics or other medications since your initial visit with us, please let us know.
- Avoiding Advil, Ibuprofen, Aleve, Aspirin, Motrin, Vitamin E, fish oil, St. John's Wort, and other non-steroidal anti-inflammatory products 14 days prior to treatment will help decrease your chance of bruising. Do not stop taking any medications that have been prescribed to you without first discussing it with your prescribing physician.
- Avoid drinking alcoholic beverages 48 hours before treatment to reduce the chance of bruising.
- To 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.
- Women who are pregnant or breastfeeding cannot be treated.
- Patients actively undergoing chemotherapy or radiation treatment cannot be treated. Patients must be in remission for 6 months to be treated.
- Please inform your Master Provider of all medical conditions, medications you are taking, skin disorders, allergies, history of anaphylaxis, and any other medical problems.

### POST-CARE

- Please schedule your 3-month follow-up appointment prior to leaving the office. This way you will maintain your great results.
- You may receive multiple procedures on the same day as your Botox appointment. Dermal fillers can be done before or after a Botox treatment. Microneedling must be performed prior to receiving Botox. If you wish to get dermal filler, microneedling, and Botox, they would be done in that order.
- Do not participate in any strenuous exercise for a minimum of 24 hours.
- Do not massage or manipulate injection sites for 24 hours.
- Bruising may occur after injections and typically resolves within 14 days.
- Allow 10 days for Botox, Dysport, or Xeomin 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.
- If you are being treated for excessive sweating you may wear deodorant after your treatment. Botox, Dysport, and Xeomin are FDA indicated to last about 3 months. However, everyone is unique and the longevity and amount of product required will differ per person.