



Botox Pre/Post Care

Pre-Care Tips To Follow For Your Appointment:

Follow this guideline BEFORE each treatment

- Do NOT drink alcohol 1 week prior to treatment.
- NO anti-inflammatory medication the week of treatment.
- Use arnica tablets a week before injections to aid with bruising. This is **recommended**, but **not required**.

Post-Care Instructions:

Follow this guideline AFTER each treatment

- Do NOT massage or apply pressure on the treated area for 6-8hrs after treatment since Botox may migrate to areas of undesirable effectiveness.
- Do NOT lie down for 6 hours after treatment. Also Do NOT lean forward, shower, cook over a hot stove.
- You MUST keep your head UPRIGHT for at least 6 hrs after injection.
- Avoid yoga or other rigorous exercise activities, extensive sun or heat exposure, and alcoholic beverages for the 1st 24 hours after treatment. This may cause temporary redness, swelling, and/or itching at the sites of the injection.
- Avoid facials and saunas for 24 hours after treatment since this will decrease the chance of your blood pressure rising and thus decrease the chance of minor and temporary bruising.
- 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.
- Avoid taking Advil, Vitamin E, Ginger, Ginkgo Biloba, Ginseng, and Garlic for 2 weeks since this may increase the risk of bruising.
- Note that any bumps or marks will go away within a few hours. If you do develop a bruise it will resolve like other bruises you have had in about a week. There is occasionally some mild pain, swelling, itching, or redness at the site of injection similar to most other injections. Redness may last for 1-2 days, rarely longer. You may apply cold compresses or acetaminophen (Tylenol) to reduce swelling or discomfort.



- Results of your treatment may take up to 14 days to take full effect although many people will recognize the benefits in 3-5 days after treatment.
- 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 2-3 months. The effectiveness of Botox will last longer with successive treatments.
- Initially, the physician may want to see the patient between 2-4 weeks for a brief “touch-up” and checkup of the procedure. If you allow Botox Cosmetic® to completely wear off, it is difficult for the doctor to be able to see how your individual muscles reacted and therefore optimal results for your face can be more difficult to achieve.
- You may shower and do most other regular daily activities.
- Makeup: It is recommended that you wait 12 hours after the treatment before applying make-up.
- 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 needed.

Please ensure this guideline is carefully followed for optimal results. For any questions or uncertainties, please do not hesitate to contact our office for immediate assistance.

Thank you and we look forward to seeing you!

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