



## Botox/Dysport Pre/Post Instructions

### BOTOX Pre-Treatment Instructions:

- Hydration is important, so drink lots of water prior to your appointment.
- Inform us if there has been any change in your medical history.
- Avoid** product/treatments that boost metabolism (diet pill and Endermologie) for one week prior to treatment.
- Avoid** alcoholic beverages for 24 hours prior to treatment.
- Avoid** aspirin, anti-inflammatory drugs (Ibuprofen, Motrin, Advil, Aleve, Vioxx, etc.), Vitamin E, and Gingko Biloba for one week prior to treatment to minimize the possible side effects of bruising/swelling.
- Do Not** wear make-up on the day of your appointment (you may remove your make-up in the DermaTouch RN office).

### BOTOX Post-Treatment Instructions:

- Facial exercises following treatment are recommended to facilitate the binding of the toxin in the injected area.
- You may apply make-up prior to leaving the office.
- It can take 2 to 7 days to take full effect. Please call within two weeks if the desired effect is not achieved.
- Avoid** Retin A, Glycolic acid, Vitamin C, and kinerase for 24 hours following treatment in the areas treated.
- Do Not** touch, press, or rub the injected areas for 4-6 hours after treatment because we do not want to moved the BOTOX out of the injected area.
- Avoid** aspirin, ginkgo biloba, garlic, flax oil, cod liver oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days after treatment..
- Avoid** vigorous exercise, heavy lifting or straining for 2-3 hours following treatment because it takes the toxin approximately 2 hours to bind to the nerve and we do not want to increase circulation and wash BOTOX out of the injected area.
- Please report any redness, blisters, or itching immediately if it occurs after treatment.**

### BOTOX Post-Treatment Expectations:

- You may experience bruising or bleeding at the injection site which should disappear within a few days but may last for a week or longer. BOTOX will take full effect within 2 to 7 days following treatment.

***\*\*\*\*If any complications occur, please call our office at 281-895-9090.  
We also have a 24 hour on call Nurse@ 832-229-4795***