

Botox/Dysport Pre/Post Instructions

BOTOX Pre-Treatment Instructions:

1. Please inform your injector if there has been any change in your medical history.
2. Avoid product/treatments that boost metabolism (diet pills and Endermologie) for one week prior to treatment.
3. Avoid alcoholic beverages for 24 hours prior to treatment.
4. Avoid blood thinning medications such as 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 risk of bruising.
5. Please reschedule your appointment if you have a rash or skin infection at the treatment sites.
6. Contraindications for Botox are pregnancy and breastfeeding, cardiac arrhythmias such as atrial fibrillation, a pacemaker, certain antibiotics, and neuromuscular disorders such as Guillian Barre. Please discuss these conditions and your current medications with your provider to establish if you are a Botox candidate.
7. If you are feeling sick or unwell the day of your appointment, please call to reschedule until you are symptom free.

BOTOX Post-Treatment Instructions:

1. It can take up to 14 days to see final BOTOX results. Botox results typically last 3-4 months.
2. Gentle facial exercises following treatment are recommended to facilitate the binding of the toxin in the injected area.
3. Do not press or rub the injected areas for 4-6 hours after treatment to avoid shifting BOTOX out of the injected area.
4. Avoid vigorous exercise, heavy lifting or straining for 2-3 hours following treatment. Avoid lying down for 4 hours post Botox treatment. It takes the toxin approximately 2 hours to bind to the nerve. Increasing circulation to treated areas via heavy exercise may wash BOTOX out of these areas.
5. Avoid Retin A, Glycolic acid, Vitamin C, and kinerase topicals for 24 hours following treatment in the areas treated.
6. 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.
7. Please report any signs of allergic reaction immediately after treatment. Seek medical attention if difficulty breathing and asthma symptoms occur. Other potential side effects of Botox include dry mouth, temporary headache, blurry vision, and a droopy eyelid.
8. Please wait at least 24 hours after receiving Botox to schedule another treatment to the face.

BOTOX What to Expect After Treatment:

You may experience bruising, swelling 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 14 days following treatment. Botox results typically last 3-4 months.