

BOTOX INJECTIONS

PRE-TREATMENT INSTRUCTIONS

- One week prior avoid taking aspirin; aspirin containing products, Ginkgo Biloba, high doses of Vitamin E, Vitamin C, Advil, St John's Wort, Flax seed Capsules and any non-steroidal anti-inflammatory agents, containing ibuprofen. These agents increase bruising and bleeding at the injection sites. A daily multivitamin is ok.
- Immediately after treatment you may resume the recommended doses of your usual products as needed for your comfort.
- Please avoid alcohol for 72 hours prior to treatment.

POST-TREATMENT INSTRUCTIONS

- Cold compresses, gel packs, or ice wrapped in a towel will help to reduce stinging, swelling or smarting and can be applied for 10 minutes, twice per hour for one to two hours as needed for comfort. Always keep a cloth or towel between you and the cool compress; never apply ice directly to skin.
- Remain in an upright position for four hours after Botox; avoid lying down perfectly flat for four hours immediately after treatment. You may prop yourself up with two or three pillows.
- Avoid rubbing injected areas for four hours, unless your hands have been thoroughly washed beforehand. Gentle cleansing with fingertips and patting dry are suggested. Do not massage or scrub. No electric brushes please.
- Avoid alcohol and strenuous exercise for at least 12 hours.
- We recommend Tylenol (not aspirin) for any lingering discomfort. Tylenol does not contribute to bruising, all other pain relievers do.
- Schedule your two- four week follow up to re-photo. We are always available for your questions or concerns. Thank you for carefully following these instructions, they are for your benefit.