

PRE-TREATMENT INSTRUCTIONS

It is prudent to follow some simple guidelines before treatment to help reduce some possible side effects associated with the injections; this can make all the difference between a fair result and a great result. We realize that this is not always possible; however, minimizing these risks is always desirable.

- AVOID alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood increasing the risk of bruising).
- AVOID anti-inflammatory/blood thinning medications ideally for a period of 2 weeks before treatment. Medications and supplements such as Aspirin, Vitamin E, Ginko Biloba, St. John's Wart, Ibuprofen, Motrin, Advil, Aleve, Vioxx, and other NSAIDS are all blood-thinning medications and can increase the risk of bruising/swelling after injections.
- Schedule the Botox® appointment at least 2 weeks prior to any special event which may be occurring: i.e., wedding, vacation, etc.

POST-TREATMENT INSTRUCTIONS

The guidelines to follow post treatment have been used for years and are still employed today to prevent the possible side effects of ptosis (eyelid droop). These measures should minimize the possibility of ptosis in almost 98% of the cases.

- No straining, heavy lifting, saunas, or vigorous exercise for 4-6 hours following treatment because we don't want to increase circulation to that area
- Do NOT lie down for 4 hours after treatment. This is to avoid the risk of pressure on the treated areas (from your pillow) and to avoid the risk of having the area rubbed accidentally
- AVOID manipulation of the area for 4 hours following a treatment (for the same reasons listed above). This includes not doing a facial, a peel, or a microdermabrasion after treatment with Botox®. Any of these procedures can be done in the same appointment only if they are done before the Botox®.
- Facial exercises in the injected areas are recommended for first 30 minutes following treatment (to stimulate the binding of the toxin only to this localized area).
- It can take 2-14 days to take full affect. It is recommended that the patient contact the office no later than 2 weeks after treatment if the desired effect was not achieved.
- Avoid makeup on the treated area for 4-6 hours. Retin-A, Glycolic Acid, Vitamin C, and Kinerase can be used; however, you must avoid the area treated for 24hrs.