

# **BOTOX PRE & POST-CARE INSTRUCTIONS**

## **PRE-CARE INSTRUCTIONS**

### **Contraindications:**

Neurological disease(s) including but not limited to Multiple Sclerosis, Lambert-Easton Syndrome, Myasthenis Gravis, Amyotropic Lateral Sclerosis (ALS), Parkinson's. Allergies to the toxin ingredients, or to human albumin. Active infection, previous reaction or allergy to Botox. Medications which are contraindications to receiving Botox: nerve blockers (anticholinesterases, succinylcholine), aminoglycosides, quinidine, lincosamides, polymyxins, or magnesium sulfate.

- Avoid any irritant chemical, lotions, soaps to area for the week prior to injection. Do not wear make-up to your injection appointment.
- Avoid alcoholic beverages at least 24 hours prior to treatment as it may increase 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, gingo biloba, st. john's wort, ibuprofen, motrin, advil, aleve, vioxx, and other NSAIDS are all blood thinning and can increase the risk of bruising/swelling after injections.
- Schedule Botox appointment at least 2 weeks prior to a special event such as a wedding, vacation, etc in case of bruising.

## **POST-CARE INSTRUCTIONS**

- Results may vary lasting 2-5 months. The average is 3 months.
- Results begin to be noticed after 2-3 days, peaking around 2 weeks.
- Return for your next appointment as soon as you begin to notice movement in the treated area.
- Avoid strenuous exercise and alcohol for 4 hours after treatment.
- Do not massage the treated area.
- Do not bend over or lay down for 4 hours (stay upright).
- Redness and swelling are normal for a few hours to days.
- Exercise the muscle by making facial expressions in that area.
- Avoid irritants (glycolics, acid, retinoids, etc) until redness and swelling resolves.
- Gently clean the area twice a day with mild soap. Aloe gel may also be used.
- Make-up may be used as long as skin is not irritated or broken.
- Cool compresses and ice may be applied for 15 minutes to an hour for comfort.

Notify the practitioner if you have any questions, concerns, or warning signs of scarring, blistering or infection.