



### **Botox/Dysport Pre- Treatment Instructions**

- Do not consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising)
- Avoid anti-inflammatory / blood thinning medications, if possible for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. Johns Wort, Omega 3/ Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning affect and can increase the risk of bruising and swelling after injections. Consult your physician before discontinuing any prescribed medications.
- Schedule your Botox appointment at least 2 weeks prior to a special event. Results from the Botox injections will take approximately 4 to 7 days to appear. Also bruising and swelling may be apparent in that time period.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
- You are not a candidate if you are pregnant or breastfeeding.

### **Botox/Dysport Post- Treatment Instructions**

- Do not manipulate the treated area for 3 hours following treatment. Do not receive facial/ laser treatments or microdermabrasion after Botox injections for at least 10 days. Ask your provider if you are not sure about the time frame of certain services.
- Do not lie down for 4 hours after your Botox treatment. This will prevent the Botox from tracking into the orbit of your eye and causing drooping eyelids.
- It can take approximately 4 to 7 days for results to be seen. If the desired result is not seen after 2 weeks of your treatment you may need additional Botox. You will be charged for product used during your touch-up or subsequent appointments.

- Do not perform activities involving straining, heavy lifting, or vigorous exercise for 6 hours after treatment. This will keep the Botox in the injected area.