



### ***BOTOX® Cosmetic PRE-TREATMENT INSTRUCTIONS:***

- Avoid taking aspirin or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil®, Motrin®, Nuprin®, Aleve®, Celebrex®, Fish oil, Ginko Biloba, St. John's Wort and high doses of vitamin E for 7-10 days prior to procedure, as these may cause increase risk of bleeding and bruising at the treated site(s). Regular multi-vitamin and Tylenol® is permitted (If not contraindicated).
- Avoid alcoholic beverages for 24 hours prior to procedure as this can increase the risk for bleeding and bruising at the treated site(s).
- Avoid waxing, bleaching, tweezing, or the use of hair removal creams in the area(s) to be treated.
- Take Tylenol® (if not contraindicated) 1 hour prior to your appointment to help with any discomfort you may have, if you have concerns about discomfort.
- If you have any history of Herpes Simplex (cold sores) on your face, make sure you inform the doctor that you have made your appointment with, one week prior to your appointment; this will allow us adequate time to prescribe a medication to prevent an outbreak.
- Sunburned skin is difficult to treat so avoid exposure to the sun.
- Eat a small meal or a snack before your appointment.
- **Always inform your doctor of all medications, including supplements you may be taking as well as your medical history.**

### ***PRECAUTIONS:***

You would not be considered a candidate for Botox® if you have any of the following:

- Myasthenia Gravis

- Allergy to Botulinum Toxin
- Neuromuscular disorder
- Pregnant or breastfeeding
- Allergy to human albumin

### ***BOTOX® Cosmetic POST-TREATMENT INSTRUCTIONS:***

Try to use the injected muscles for the first 1-2 hours after treatment: practice frowning, raising your eyebrows and squinting. This helps work Botox® into your muscles. Although this is thought to help, this will not impact your treatment negatively if you forget.

The results of your treatment can take up to 14 days to take full effect. Usually patients notice a change in 4-5 days. It takes time for the muscles to lose strength and the lines to fade following Botox® treatment. Please wait until 14 days have passed before assessing if you are pleased with the results.

***Do not touch or rub injected site for 2-4 hours following treatment. Avoid exercise and sweating for the remainder of the day and no lying down or leaning forward for 2-4 hours after treatment.***

There can be a slight chance of bruising at the treated site, this is temporary. Be assured that any tiny bumps or marks will go away within a few hours of treatment.

***Avoid any type of facial, microderm abrasion, or massage for 14 days after treatment.***

Avoid Ibuprofen, Advil or Motrin. Tylenol is acceptable to take if experiencing discomfort (if not contraindicated)

Botox® Cosmetic is a temporary procedure and at first, you may find that your treatment results will last approximately 3-4 months. If you maintain your treatment appointments with the frequency recommended by your clinician, the duration of each treatment results may last longer than 4 months.

Your satisfaction is important to us! We would like you to return to the office in 2 weeks for a follow-up assessment appointment, especially after your first treatment. This will ensure we are able to see how your facial muscles react to your treatment. If you require additional Botox® to fine-tune/adjust your treatment results there will be additional charges at the regular rate.

***Remember your sunscreen every day.***