



Pre and post Instructions for Botox Appointment

Pre-Treatment Instructions

- Please do not consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising)
- Please remove makeup prior to appointment with Botox provider.
- Be sure to have food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
- Avoid anti-inflammatory/blood thinning medications, for a period of 2 weeks before treatment. Using blood thinning products can increase the risk of bruising and swelling after injections.
 - Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS.
- Bruising and swelling may be apparent in that time period.
- Full results from the Botox injections will take approximately 7 to 14 days to appear.
- You are not a candidate if you are pregnant or breastfeeding.

Post-treatment instructions:

- Do NOT lie down for 4 hours after your Botox treatment. This will prevent the product from tracking into the orbit of your eye and causing drooping eyelid.
- Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 6 hours after treatment. This will keep the toxin in the injected area and not migrating to unintended areas.
- It can take approximately 4 to 7 days for initial results to begin to take effect.
- If the desired result is not seen after 2 weeks of your treatment you may need additional product. You are charged for the amount of product used. Therefore, you will be charged for a product used during any touch-up or subsequent appointments.
- Do NOT receive a facial, laser treatment or microdermabrasion after toxin injections for at least 14 days. Ask your provider if you are not sure about the time frame of certain services.