

Botox Pre-Procedure Instructions

Avoid taking Aspirin, Non-steroidal Anti-Inflammatory Drugs (NSAIDS) such as Motrin, Vitamin E, Ginger, Ginko, Bilboa, Ginseng, and Garlic 10-14 days prior to the procedure. These drugs and herbs may cause excessive bleeding or bruising.

Botox Post Treatment Instructions

1. Avoid applying pressure or massaging the treated areas for a few hours after the procedure. This may disperse the botox into undesired areas
2. Avoid lying down or bending over for 4 after treatment as this may allow botox to disperse in undesired directions
3. Avoid excessive heat such as saunas, hot showers, the hot sun or cooking over a hot stove. This may cause the blood vessels to dilate and cause more bleeding and bruising
4. Avoid strenuous exercise and yoga after the procedure. This may raise your blood pressure and pulse causing more bruising and swelling
5. Avoid direct sunlight if you develop any bruising. Wear Sunblock to protect your skin. Sunlight may cause permanent discoloration after bruising.
6. Avoid drinking alcohol for 24 hours after treatment. Alcohol may cause the blood vessels to dilate and cause more bruising
7. Avoid taking Advil, Vitamin E, Ginger, Ginko, Bilboa, Ginseng, and Garlic for 2 weeks since this may increase the risk of bruising. You may shower and do most other regular daily activities
8. Please exercise your treated muscles for about 2 hours after treatment (e.g. practice frowning, raising your eyebrows or squinting). This helps to work Botox Cosmetic® into your muscles.
9. You may apply Make-up after the procedure.
10. You may apply Cold compresses to the treatment sites to reduce swelling and bruising.
11. We recommend a Vitamin K cream to treat any bruising
12. Note that any bumps or marks from the extremely small needle sticks will go away within a few hours. If you do develop a bruise it will resolve like any other bruise. There is occasionally some mild pain, swelling, itching, or redness at the site of injection similar to most other injections. Redness may last for 1-2 days, rarely longer.
13. Results of your treatment may take up to 14 days to take full effect although many people will recognize the benefits in 3-5 days after treatment.
14. Botox Cosmetic® is a temporary procedure. In most people the benefits of Botox last about 3-4 months. Sometimes a few wrinkles may start to return in 2-3 months. The effectiveness of Botox will last longer with successive treatments