



# Pre and Post Treatment Instructions BOTOX

## PRE TREATMENT

- ❖ When booking your BOTOX appointment, please be aware of the possibility of bruising after the treatment. If bruising occurs, it usually appears 24-48 hours after the injection and can remain visible for up to 7-10 days.
- ❖ To minimize the likelihood of bruising, the use of blood thinning medications and supplements such as Fish Oil, Turmeric, CoQ10, Vitamin E, Aspirin, and St John's Wort, should be discontinued for 2 weeks before and 1 week after your treatment. NSAIDS (Advil, Ibuprofen, Motrin, Aleve, etc.) should be discontinued 3 days before and 1 week after your treatment. You should not discontinue any prescribed medications or supplements without first consulting your health care provider. Avoiding alcohol the evening before your BOTOX treatment and for 4 hours after your treatment will also minimize your chances of bruising.
- ❖ Other treatments to the same area treated with BOTOX, such as IPL, Lasers, Microneedling, facial treatments, and massage, should not be performed on the same day as your BOTOX treatment but may be done as soon as 24 hours afterwards. When getting BOTOX treatments *after* other treatments, it is important that the area to be treated is not swollen, irritated, peeling, or bruised at the time of the BOTOX treatment. Juvederm and BOTOX treatments may be and are frequently performed on the same day.
- ❖ You should anticipate it taking 2-10 days for your BOTOX treatment to take effect and 2 weeks to see final results.

## TREATMENT DAY

- ❖ Please come to your appointment with a clean face – remove all makeup, creams and lotions.

## POST TREATMENT

- ❖ For the remainder of the day after your treatment, avoid straining, heavy lifting, vigorous exercise, hot tubs, saunas, and anything else that may increase your body temperature. This will help ensure optimal treatment results.
- ❖ Avoid blood thinning medications and supplements (see above) for 1 week post treatment to minimize bruising. Drinking alcohol should be avoided for 4 hours following your treatment.
- ❖ No hats, visors or headbands should be worn on the treated area for the remainder of the day. In addition, massages, rubbing, and any pressure to the treated area should be avoided for the remainder of the day.
- ❖ Tenderness and swelling at the injection site after the treatment are common and should resolve within 24-48 hours. Bruising is also common and should resolve within 7-10 days.
- ❖ Keep the treated area clean and do not apply makeup to the area for the rest of the day. Refrain from touching your face or allowing anything unclean to come in contact with your face for the rest of the day.
- ❖ You should anticipate it taking 2-10 days for your BOTOX treatment to take effect and 2 weeks to see final results.
- ❖ BOTOX results typically last 3-4 months. To maintain best results, the area should be retreated as soon as you notice muscle movement is returning to normal and/or lines and wrinkles are reappearing in the treated area.

If you have any questions or concerns, please contact our office at **727.518.7100**.