



### Pre and post instructions for Botox/Jeuveau/Xeomin /neurotoxin

Do not use Botulinum Toxin A if you are pregnant or breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders.

- This treatment is not recommended if you have an important event within 2 weeks of
- injection due to potential for bruising
- Avoid herbal supplements such as Ginkgo, green tea, and anti-inflammatory medications (Aleve, Advil, Ibuprofen, Naproxen, Aspirin, etc.) for 2 weeks before and following treatment to limit bruising
- Do Not Drink Wine for One Week Before Your Appointment
- Don't Take Anti-Inflammatory Medications During the Week Before BOTOX
- Avoid Foods That Contain Garlic (and Consider Using Arnica)
- Save the Workout
- Wait to Apply Makeup
- Use a Gentle Facial Cleanser.

### POST-TREATMENT INSTRUCTIONS

Botox truly is a no down time procedure and there are few restrictions following a Botox treatment. We recommend the following guidelines:

\*Guidelines to follow to prevent the possible side effect of ptosis.

These measures should minimize the possibility of ptosis nearly 98%.

-Avoid straining, heavy lifting, and/or vigorous exercise for 3-4 hours following treatment. It takes the toxin approximately 2 hours to bind itself to the nerve terminal to start its work and we do not want to increase circulation to inadvertently move the botulinum toxin from where it was injected. This waiting period is recommended by most practitioners. You may resume other normal activities/routines immediately.

-Avoid rubbing, touching, pressing, massaging or manipulating the treated area(s) for 3-4 hours after treatment (for the same reasons listed above).

-When cleansing your face or applying make-up, use gentle, sweeping motions to avoid excessive mobility of the area(s).

- Avoid lying down or bending over for 3-4 hours after treatment as this may allow the botulinum toxin to disperse in undesired directions.
- Facial Exercises in the injected area(s) is recommended for 1 hour following treatment to stimulate the binding of the toxin only to the localized area (e.g. practice frowning, raising your eyebrows or squinting). Results of your treatment can take 2-10 days to take full effect although many people will recognize the benefits in 3-5 days after treatment.
- You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort. Avoid aspirin or ibuprofen products as they may increase your potential to bruise.
- Avoid drinking alcohol for 24-48 hours before and after treatment. Alcohol may cause more bruising and/ or swelling.
- Avoid extended UV exposure until any redness/swelling has subsided. Apply SPF 30 or higher sunscreen to the treated area(s).
- It is recommended to discontinue Retin-A for 24 hours to the treated areas to avoid increased redness and irritation

You may notice small areas of redness and/or small bumps at the injection sites immediately following your treatment. These will resolve quickly, usually within 15 minutes.

Avoid rubbing the areas that have been treated with Botox for the first 48 hours.

You may apply makeup after any pinpoint bleeding has resolved.

Your treatment will take effect in 3-7 days. We recommend that you make a follow up appointment for 2 weeks after your treatment so that we can evaluate your results and determine if any adjustments to your dose need to be made, especially if this is your first time getting Botox with us.

Other disclosures that are relevant and are of significant importance are those that are listed on the product brands themselves.