

Botox Pre-Treatment Instructions

**Avoid alcoholic beverages at least 24 hours prior to treatment.

**If possible, avoid anti-inflammatory/blood thinning medications ideally for a period of two weeks before treatment. Please consult with your physician prior to discontinuing your medications.

**Medications and supplements such as Aspirin, vitamin E, Gingo Biloba, St. John's Wort, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS are all blood thinning. All can increase the risk of bruising/swelling after injections.

Botox Post-Treatment Instructions

Do not raise your body temperature for 4 hours following treatment (no exercise, hot tubs, saunas, being out in the sun, etc.) It takes about 2-4 hours for the neurotoxin to bind to the nerve to start working and an increase internal body temperature or sweating can make the neurotoxin treatment ineffective.

Avoid touching or manipulating the treated areas for 4 hours. In addition, do not lie down within this timeframe. We want the neurotoxin to stay in the muscles that it was specifically placed to avoid poor outcomes. This includes no facials, chemical peels, or massages after treatment.

Avoid wearing hats, visors, headbands, or anything on the head that has the potential to move the neurotoxin.

It will take about 24 hours for all the injections sites to heal. To avoid infection, avoid wearing makeup on the day of the treatment. The face can be washed like normal at night (at least 4 hours post-treatment).