



## Botox Pre & Post Care Instructions

### Pre-Treatment

- If approved by your healthcare provider avoid all blood thinning medications including, but not limited to Aspirin, Advil, Aleve, Excedrin, Ibuprofen, Meloxicam, Indomethacin, Fish Oil, Vitamin E, Turmeric, Garlic, Ginkgo Biloba.
- Avoid alcohol for 3 days prior to treatment to minimize bruising.
- Avoid caffeine the day of treatment to minimize bruising.
- Notify your provider if you have a history of cold sores. Prophylactic medication should be started 3 days prior if treatment is being performed around the mouth.
- You may take Tylenol (Acetaminophen) 1,000 mg 1 hour prior to treatment to help minimize discomfort.

### Post-Treatment

- Leave the treated area alone for 4 hours.
- Headache is common after Botox injections. Extra Strength Tylenol (Acetaminophen) 1,000 mg can be taken every 6-8 hours.
- Avoid strenuous exercise for 4 hours after the procedure to prevent Botox from spreading outside the treatment area. Failure to do so can result in droopy eyelids and other adverse reactions.
- You may apply makeup after the procedure.
- A vitamin K or arnica cream can be used to treat any bruising.
- 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 go away like any other bruise. There is occasionally some mild pain, swelling, itching, or redness at the site of injection. Redness may last for 1-2 days, rarely longer.
- Results of your treatment may take up to 14 days to take full effect although many people will recognize benefits in 2-5 days after treatment.
- Botox is a temporary procedure. In most patients the benefits of Botox will last 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.
- A follow-up visit will be scheduled no sooner than 14 days after treatment to evaluate the results. A dosage adjustment can be administered at this visit if the desired result was not achieved. The charge for a dosage adjustment is \$15/unit and only the necessary number of units will be administered.