

### BOTOX® PRE-TREATMENT INSTRUCTIONS

In an ideal situation it is prudent to follow some simple guidelines before treatment which can make all the difference between a fair result or a great result by reducing some possible side effects associated with the injections. We realize this is not always possible; however, minimizing these risks is always desirable.

1. Avoid Alcoholic beverages at least 24 hours prior to treatment (Alcohol may thin the blood increasing risk of bruising).
2. Avoid Anti-inflammatory/Blood Thinning medications ideally, for a period of two (2) weeks before treatment. Medications and supplements such as Aspirin, Vitamin E, Gingo Biloba, St. John's Wort, fish oil, Ibuprofen, Motrin, Advil, Aleve, Vioxx, and other NSAIDS are all blood thinning and can increase the risk of bruising/swelling after injections.
3. Schedule Botox® appointment at least 2 weeks prior to a special event which may be occurring, i.e., wedding, vacation, etc. etc. It is not desirable to have a very special event occurring and be bruised from an injection which could have been avoided.

### BOTOX® POST-TREATMENT INSTRUCTIONS

1. No vigorous exercise for 24 hours.
2. Do not lay down or bend over for 4 hours after the treatment.
3. Avoid manipulation of the area for 24 hours. This includes doing a facial, Skin pen, laser peel or anything of that nature.
4. It can take 3-10 days for the Botox to take effect. Patient should contact the office within 7 days if desired effect was not achieved.
5. Topical Arnica cream may be applied after treatment. Make up can be applied as well.