

**PRE & POST CARE PATIENT INSTRUCTIONS**

**Pre-Treatment Instructions:**

* To minimize the chance of bleeding or bruising at the injection site, please avoid all blood-thinning medications and supplements for one week prior to your appointment. This includes over-the-counter medication such as Aspirin, Motrin, Ibuprofen, and Aleve. Also avoid herbal supplements such as garlic, vitamin E, gingko biloba, St. John’s Wort and omega-3/fish oil capsules. If you have a cardiovascular history, please check with your medical provider prior to stopping use of aspirin or other prescribed blood thinning medications.
* Do not drink alcoholic beverages 24 hours before or after your treatment to avoid extra bruising.
* You may take Arnica tablets 2-3 days prior to your injection to reduce the risk of bruising.
* Do not apply products that are potentially irritating for 2 -3 days before and after treatment (examples- tretinoin/retin-a, glycolic acid, benzoyl peroxide, hydroquinone)
* Please consider if you have any upcoming events or pictures in the 2 weeks after your appointment as bruising can occur.

**Day of Treatment:**

* Eat a small meal or a snack before your appointment.
* If you have concerns about discomfort, you may take Tylenol 1 hour prior to your appointment, if not contraindicated

**Post-Treatment Instructions:**

* No rubbing your face, laying down, or hot saunas or baths for a minimum of 4 hours.
* Exercise may resume 6-8 hours after treatment.
* Try to use the injected muscles for the first 1-2 hours after treatment: practice frowning, raising your eyebrows and squinting. This helps work Botox into your muscles. Although this is thought to help, this will not negatively impact your treatment results.
* It takes 3-7 days for Botox to start working and peak effect around day 14.
* We would like you to return to the office in 2 weeks for a follow-up assessment appointment, especially after your first treatment. This will ensure we are able to see how your facial muscles react to your treatment. If you require additional Botox to fine-tune/adjust your treatment results there will be additional charges at the regular rate.
* Remember your sunscreen every day.

***Please call the office to notify us if you experience any additional side effects or if you notice bruising or pain is worsening, not improving as we would expect.***