



Pre-Treatment Instructions for Botox / Dysport / Xeomin

- To avoid bruising it is best not to take pain relievers aspirin, ibuprofen, or naproxen. Tylenol is OK.
- Avoid alcohol and high dose vitamin E supplementation for 24 hours
- Do not use **Botox/Dysport/Xeomin** if you are pregnant or breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders. Please inform your clinician if you have any questions about this prior to the procedure.
- Avoid exposure to the sun or use a hat and sunscreen.
- Avoid the use of Alpha Hydroxy Acids higher than 10% and avoid Retinoids.
- Inform your clinician if you have a history of Cold Sores to receive antiviral therapy prior to treatment.
- Always inform your clinician of all medications you may be taking as well as your medical history.

Post Treatment Instructions for Botox / Dysport / Xeomin

- You may have bruises in the areas treated with **Botox/Dysport/Xeomin** this is normal. It will take up to two weeks for you to experience the full effect of the treatment. Remain patient. It takes time for the muscles to lose strength and the lines to fade following your treatment. Having some movement left is OK. The objective of the treatment is to improve the appearance of the lines, not necessarily paralyze the muscle.
- **Do NOT rub or massage** the treated areas for 4 hours after your treatment. Do NOT practice Yoga or any type of strenuous exercise for 4 hours after treatment. Also, avoid facials or saunas for 4 hours after your treatment. This will minimize the risk of raising your blood pressure and therefore minimize the risk of temporary bruising. Feel free to shower and go about most other regular daily activities.
- **Do NOT lie down** for 4 hours after treatment. This is to avoid the risk of pressure on the treated areas (from your pillow) and to avoid the risk of having the area rubbed accidentally.
- **Be assured** that any tiny bumps or marks will go away within a few hours. If you need to apply make-up within 4 hours after your treatment, only use a GENTLE touch to avoid rubbing the treated area.
- Results of your treatment **may take up to 14 days** to take full effect. Please wait until the 14 days has passed before assessing if you are pleased with the result. If after that time you feel you need a touch-up, please contact our office.
- **Botox/Dysport/Xeomin is a temporary procedure** and at first, you may find that your treatment results will last approximately 3 or 4 months.