

BOTOX® COSMETIC PRE AND POST CARE INSTRUCTIONS

5 Days Before Treatment

- Avoid blood thinning over-the-counter medications such as Aspirin, Motrin and Aleve and fish oil pills. Tylenol is OK to use. Please notify practitioner if you are using prescription or non-prescription blood thinners so extra precaution can be taken to avoid bruising. If bruising occurs, it is most common around the eyes and can be covered using a green or yellow cover-up-stick. While we make every effort to avoid bruising, this may occur as the skin around the eyes is very thin and there are several small vessels in this area. Bruising is usually minimal and may take up to 7-14 days to resolve completely.
- To minimize bruising, apply OTC Arnica gel beginning 5 days before treatment.
- Before photos may be taken for our files and posted with client permission. Your treatment will take effect in anywhere from 2 days to 2 weeks, but most commonly within 3-5 days. Since everybody is different, your BOTOX/Xeomin® Cosmetic treatment is tailored specially for you.

Post Treatment

- Immediately following your treatment, please do not lie down for 4 hours.
- Avoid any massage or pressure to the area, as this may disrupt placement of the drug. If you would like to re-apply makeup, please do so gently over the treated area.
- Refrain from heavy exercise for 4 hours.
- Contract and release the treated muscles every few minutes over the next hour. This helps with the “uptake” of the drug.
- Allergan, the manufacturer of BOTOX/Xeomin®, as well as our own patient experiences, report the average duration of results is approximately 3-4 months. It is important to maintain regular injection intervals to maintain an optimal aesthetic result and prevent returning to your original pre-treatment condition.
- If you have any concerns, please let us know. We are committed to you.