

# Botox Pre & Post Treatment Instructions

## Before Treatment:

- Avoid alcoholic beverages and anti-inflammatory/blood thinning medications (if medically appropriate) for at least 24 hours prior to treatment. Alcohol may thin the blood and increase the risk of bruising. Medications and supplements such as Aspirin, Vitamin E, Gingo Biloba, St. John's Wort, Ibuprofen, Motrin, Advil, Aleve, Vioxx and other NSAIDS are all blood thinning and can increase the risk of bruising/swelling after injections.
- Schedule your Botox appointment at least 2 to 4 weeks prior to a special event for maximum results with minimum bruising and to allow for additional Botox if needed.

## After Your Treatment:

- Exaggerated facial expressions/exercises in the injected areas are recommended for 1 hour after treatment to stimulate the binding of the toxin to the localized area.
- Avoid heavy lifting, straining, and vigorous exercise for 6 hours following treatment. It takes the toxin approximately 4 hours to bind itself to the nerve to start its work.
- Avoid manipulation of the area for 6 hours following treatment. This includes not getting other skincare services after your Botox treatment for a minimum of 2 weeks. Another skincare treatment can be done in the same appointment only if it is done before Botox.
- Do not massage or manipulate the injection sites for 48 hours after injection.
- Do not wear a hat, visor, or headband for 6 hours post treatment, and keep eyeglasses or sunglasses low on bridge of nose.
- Do not lay flat or bend over for 6 hours following treatment, remain upright for 6 hours after injection.
- Results are usually seen in 2-6 days, and may take 2-14 days to take peak effect. It is recommended that the patient contact the office no later than 2 weeks after treatment if the desired effect was not achieved and no sooner to give the toxin time to work.
- You can expect results to last from 2-5 months.
- We recommended avoiding Retin-A, Glycolic Acid, Vitamin C, and/or any acids or strong serums/creams to the treated area for 24 hours.
- You may apply ice, arnica, or any other anti-inflammatory topical agents to treat or prevent pain/bruising/swelling.

## Possible Side Effects and Less Common Complications:

- Side effects associated with the injection include: localized pain, infection, inflammation, tenderness, swelling, redness, and/or bleeding/bruising
- Less common reactions may include: nausea, fatigue, flu-like symptoms, headache, excessive weakness of the muscle, temporary eyelid drooping, temporary brow drooping

Do not have neurotoxin injections if you are allergic to any of the ingredients in the Botulinum toxin or have had a reaction to any other Botulinum toxin product, have severe allergies and a history of anaphylaxis, are pregnant or nursing, are under the age of 18, have an active infection at the site of injection, or on immunosuppressive therapy.

**Call RENEW immediately at 781-821-0707 if you experience any of the following, or have questions:** shortness of breath, difficulty swallowing, difficulty talking, severe lower eyelid droop, obstructed vision, excessive weakness around injection site, rash, or sign of an allergic reaction.

**IN CASE OF AN EMERGENCY CALL 911**

