



BOTULINUM TOXIN "A" (BOTOX® /Dysport® /Xeomin®)
PRE & POST-TREATMENT INSTRUCTIONS

PRE-TREATMENT INSTRUCTIONS

- **Avoid** taking Aspirin, Non-steroidal Anti-Inflammatory Drugs (NSAIDS) such as Motrin, Vitamin E, Ginger, Ginkgo Biloba, Ginseng, and Garlic 10-14 days prior to the procedure. These drugs and herbs may cause excessive bleeding or bruising.
- If you have a special event or vacation coming up, it is recommended to schedule your treatment at least 2 weeks in advance.
- Do not use **Botulinum Toxin A** if you are pregnant or breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders.

POST-TREATMENT INSTRUCTIONS

*Guidelines to follow to prevent the possible side effect of ptosis.
These measures should minimize the possibility of ptosis nearly 98%.*

- Apply a cold compress to the area(s) treated (avoiding pressure) as this helps reduce swelling and the potential for bruising. **Avoid** applying pressure or massaging the treated areas for a few hours after the procedure. This may disperse the botulinum toxin into undesired areas.
- **Avoid** straining, heavy lifting, and/or vigorous exercise for 3-4 hours following treatment. It takes the toxin approximately 2 hours to bind itself to the nerve terminal to start its work and we do not want to increase circulation to inadvertently move the botulinum toxin from where it was injected. This waiting period is recommended by most practitioners. You may resume other normal activities/routines immediately.
- **Avoid** rubbing, touching, pressing, massaging or manipulating the treated area(s) for 3-4 hours after treatment (for the same reasons listed above).
- When cleansing your face or applying make-up, use gentle, sweeping motions to avoid excessive mobility of the area(s).
- **Avoid** lying down or bending over for 3-4 hours after treatment as this may allow the botulinum toxin to disperse in undesired directions.
- Facial Exercises in the injected area(s) is recommended for 1 hour following treatment to stimulate the binding of the toxin only to the localized area (e.g. practice frowning, raising your eyebrows or squinting).
- Results of your treatment can take 2-10 days to take full effect although many people will recognize the benefits in 3-5 days after treatment.
- You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort. **Avoid** aspirin or ibuprofen products as they may increase your potential to bruise.
- **Avoid** drinking alcohol for 24-48 hours **before and after** treatment. Alcohol may cause more bruising and/or swelling.
- **Avoid** extended UV exposure until any redness/swelling has subsided. Apply SPF 30 or higher sunscreen to the treated area(s).
- It is **recommended to discontinue** Retin-A for 24 hours to the treated areas to avoid increased redness and irritation.

Patient Name (please print)

Patient Signature

Date

Witness Name (please print)

Witness Signature

Date