



## **Botox Pre- and Post-Treatment Instructions**

### *Pre-Treatment Instructions:*

- Please refrain from wearing any makeup to your appointment.
- Avoid NSAIDs, such as Ibuprofen and Aspirin, well as fish oil, Vitamin E, and alcohol a few days prior to treatment to minimize bruising and bleeding.
- Bruising is ALWAYS possible with any injections so please plan accordingly, especially if you have an upcoming event.
- To help reduce the risk of bruising you may take Arnica/Arnicare tablets starting 5 days prior to your treatment date. Follow directions on the bottle.

### *Post-Treatment Instructions:*

- Remain upright following your treatment for 4 hours. Do not lay down or bend your head below your heart during this time.
- Avoid wearing anything on your head that would cover or severely constrict the injection sites, such as hats, headbands, or sunglasses.
- Avoid strenuous exercise for 24 hours after your treatment.
- Continue to apply Arnica gel three times a day for a few days after your treatment to help with bruising.
- Do not massage or manipulate injection sites for 48 hours after your treatment.
- You can exaggerate facial expressions in the injected area for 1 hour after treatment.
- Follow up appointments can be made NO EARLIER than 14 days post treatment. We cannot add more neuromodulator until the first sets of injections have become fully effective.

### *Results:*

- It is normal to start feeling tightness in the injection site 4 to 5 days after treatment. You will see full effect of your treatment in 10-14 days.

### *Side Effects:*

- Potential side affections include swelling and tenderness at the injection site, pinpoint bleeding and bruising, headache and head tightness, flu-like symptoms, and muscle weakness.

*If you are concerned about an emergency, please call (541) 588-4252, or go to your nearest emergency room.*