FORM
CAMPUS

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PRE AND POST-TREATMENT INSTRUCTIONS

Neuromodulators (Botox or Dysport)

To achieve the best results, please follow these recommendations to prepare for your Botox or Dysport appointment, and review the aftercare instructions below.

BEFORE YOUR INJECTIONS

Two Weeks Before

- If you have a special event or vacation coming up, you may want to schedule your treatment at least 2 weeks in advance.

2 Days Before

- Avoid topical products such as tretinoin (Retin-A), retinol, retinoids, glycolic acid, benzoyl peroxide and hydroquinone.
- Avoid over-the-counter blood-thinning medications such as aspirin, Motrin, ibuprofen and Aleve.
- Avoid supplements, including St. John's Wort, ginkgo biloba, primrose oil, garlic, ginseng and vitamin E.

24 Hours Before

- Do not drink alcoholic beverages for 24 hours before your injections.

General Recommendations

- If you have a history of cold sores with outbreaks more than 4 times a year, we recommend that you be pretreated with medication before injection treatments around or near the mouth. The medication will need to be started 3 days before your treatment visit.
- Do not use Botox or Dysport if you are pregnant or breastfeeding, are allergic to dairy and/or eggs, or have a neurological disorder. Please let us know before your treatment if you have any questions about this.

Day of Treatment

- Arrive at the office with a clean face, washed and without makeup.

AFTER YOUR INJECTIONS

- You may return to normal activity, including work, immediately.
- Avoid strenuous activity, heavy lifting or vigorous exercise for 24 hours.
- Avoid lying flat or bending forward for the next 4 hours.
- Avoid touching, rubbing or picking around the injection site.
- You can apply sunscreen, skin care products and light makeup as desired, but avoid glycolic or Retin-A products for one day.
- To minimize swelling and/or bruising, avoid intense heat on the treated areas, including tanning, saunas, hot tubs, hot wax and hot showers, for the next 24 hours.
- While it is always recommended to avoid sun exposure, it is particularly important to avoid prolonged sun exposure until any redness and/or swelling is gone.
- Avoid alcoholic beverages for the next 24 hours.
- Avoid facials and microdermabrasion for at least 72 hours.
- Botox will gradually take effect over the next 7 to 10 days, with optimal results at 2 weeks.

POSSIBLE SIDE EFFECTS

You may experience some of the following:

- Occasional: mild, temporary redness at the injection site
- Occasional: mild, temporary swelling
- Occasional: tingling sensation
- Rare: mild headache
- Rare: mild bruising
- Very rare: droopy eyelid or lip
- Very rare: nausea, fatigue, flu-like symptoms

ARNICA FOR BRUISING

Arnica has been shown to help decrease bruising and reduce how long bruising is visible. A combination of oral pellets and topical gel is recommended, but if you would prefer to use only one, the pills are likely more effective. Start the pills 2 days before your procedure and continue them for 3 to 5 days after your procedure. The gel can be started as soon as gently massaging it in is tolerable, and can be continued until the bruising has subsided. Storing the gel in the fridge will also provide a cooling, soothing effect on the bruised area. Apply the gel around the treated area only. Do not apply it directly onto the injection sites. Please DO NOT use Arnica if you are allergic to the daisy flower.

IMPORTANT AFTERCARE NOTES

> **Please contact us immediately if you:** have fever and/or chills; have discoloured blotches in areas not injected; have blanching of injected areas; notice the area appears red and/or hot to the touch; or have severe or increasing pain.