

WHAT TO DO BEFORE NEUROMODULATOR (BOTOX OR DYSPORT) INJECTIONS

In order to achieve the best results, please follow these recommendations on how to prepare for your Botox or Dysport appointment and consider these post care instructions:

Two Weeks Prior

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

2 Days Prior to Injections

- Avoid topical products such as Tretinoin (Retin-A), Retinol, Retinoids, Glycolic Acid, benzyl peroxide, hydroquinone.
- Avoid blood thinning over-the-counter medications such as aspirin, Motrin, ibuprofen and Aleve.
- Avoid supplements, including St. John's Wort, Gingko biloba, primrose oil, garlic, ginseng, and Vitamin E.

24 Hours Prior to Injections

- Do not drink alcoholic beverages 24 hours prior.

General Recommendations

- If you have a history of cold sores with outbreaks occurring more than 4 times a year, it is recommended that you are pretreated with medication prior to the injection treatments around or near the oral area. The medication will need to be started 3 days prior to your treatment visit.
- Do not use Botox or Dysport if you are pregnant or breastfeeding, are allergic to dairy and or eggs or suffer from neurological disorders. Please inform us if you have any questions about this prior to your treatment.

DAY OF TREATMENT

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

WHAT TO DO AFTER:

- You may immediately return to normal activity, including work
- 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 in the treated area(s). This includes, tanning, saunas, hot tubs, hot wax or 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 any facials and microdermabrasion's for at least 72 hours.
- Botox will gradually take effect over the next 7-10 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 the length that bruising is visible.

It is recommended to use a combination of oral pellets and topical gel but if you would only like to use one or the other, the pills are likely more effective. The pills should be started two days before your procedure and continued for 3-5 days after your procedure. The gel can be started as soon as the massage process of administering the gel is tolerable and can be continued until the bruising has subsided. Storing the gel in the fridge will also provide a cooling and soothing effect to the bruised area.

DO NOT take off the dressing and DO NOT apply on the actual incision until completely healed. Apply around procedure area to minimize swelling and bruising. Please DO NOT use Arnica if you are allergic to the daisy flower.

IMPORTANT BOTOX OR DYSPORT AFTERCARE NOTES

PLEASE CONTACT US IMMEDIATELY IF YOU:

- Have fever and/or chills
- Have discolored blotches in areas not injected
- Have blanching of injected areas
- Notice the area appears red and/or hot to the touch
- Have severe or increasing pain