

BOTOX® COSMETIC Pre and Post

Botox® cosmetic treatment involves the *injection* of highly diluted, individualized doses of botulinum toxin A into (or in close proximity to) overactive facial muscles or sweat glands, which are responsible for wrinkles or excessive sweating respectively. **Botox®** relaxes muscle(s) and/or sweat glands by diminishing their ability to contract. The procedure must be performed by an appropriately licensed and trained physician or mid-level provider pursuant to physician supervision and according to prevailing state law. The following **Botox®** injection Self-Care instructions have been prepared specifically for our patients.

BEFORE TREATMENT

- For one week before treatment, please avoid the following medications: Aspirin, Advil, Motrin, Ibuprofen, Aleve, Naproxen, Excedrin (all OTC pain pills except Tylenol), vitamin E, Vitamin A (Tretinoin, Retin-A, Renova, Differin, Tazorac, Triluma), Gingko Biloba, Omega-3 fatty acids, cod liver oil, CoQ10, garlic and ginger.
- Avoid sun exposure to the area to be treated one week before treatment.
- Do not take ANY muscle relaxing medications (example: Soma or Flexaril) at least one month before treatment.

AFTER TREATMENT

- Remain upright for 6 hours following treatment. No lying down or bending over.
- Keep the treated areas clean. Light make-up coverage is acceptable if desired.
- You may apply ice for 5 minutes every 1/2 hour if there is any pain or swelling. Any bruising will eventually resolve on its own, typically within one to two weeks.
- If post-injection bruising is noticed, consider using the OTC homeopathic natural remedy *Arnica Montana*, which has been shown to rapidly relieve and even prevent bruising. *Arnica* is available at most health food stores and is safe (free of reported side-effects).
- As always, wear at least SPF 30 sun block when appropriate and avoid exposure to intense, direct sunlight and heat (example: sun lamp steam, sauna) for at least two to three days.
- Move the facial muscles (frown, smile, raise eyebrows) that have been treated throughout the rest of the day. This will help the muscles absorb the Botox® Cosmetic.
- Avoid vigorous exercise for 24 hours.
- Do not rub or massage the areas treated for 24 hours.
- Do not take aspirin containing products (see above) for the next 24 hours. These agents may increase bruising/bleeding at the injection site. Again, Tylenol may be taken. Discontinue RetinA (Tretinoin) for at least 3-5 days after treatment.
- Avoid alcohol intake beyond a single drink, glass of wine, or beer for approximately 24 hours after treatment.
- As always, tobacco and illicit drugs are discouraged.
- The onset of muscle relaxation usually begins in 7-10 days, but optimal results may take up to 2 weeks.
- ***NOTE***: Results may vary. If there is partial improvement of a treated site, and re-treatment is desired, a second treatment may be performed no sooner than 2 weeks after the primary treatment. There is a subsequent charge for any “touch-up’s” or additional treatment.
- Please contact us should there be any side effects or questions regarding your treatment with Botox® Cosmetic.