

## Botox Treatment Handout

### **Prior to Treatment:**

- Avoid aspirin (including Excedrin), vitamin E, St. John's wort, and other dietary supplements including ginkgo, evening primrose oil, garlic, feverfew and ginseng for 2 weeks. If you are using aspirin for a cardiology indication, you *must* consult and bring a copy of your visitation note by your provider prior to Botox therapy.
- Avoid ibuprofen (Advil, Motrin) and alcohol for 2 days prior to and after your treatment.
- If possible, come to your appointment with a cleanly washed face *and without makeup*. This greatly assists in determining the best placement for the injection sites to maximize your results.

### **After Treatment:**

- ***Do not massage the treated areas on the day of treatment.***
- Avoid lying down for 4 hours immediately after treatment.
- Avoid applying heat to the treated area on the day of treatment. Avoid activities that cause facial flushing on the day of treatment including consuming alcohol, exercising or tanning (both natural sunlight or the use of a tanning bed).
- Gently apply a cool compress or wrapped ice pack to the treated areas for 15 minutes every few hours *if needed* to reduce discomfort, swelling or bruising up to day 4 post treatment. If bruising occurs it will typically resolve by 7-10 days after your treatment.
- Effects of Botox take 1-2 weeks to fully develop and last approximately 2.5 - 5 months on average. *Note: Botox treatment is not permanent and requires maintenance therapy (repeat treatments) to continue the benefits.*
- Frequently, patients require a touchup procedure; this is due to the wide variance on how individual patients respond to the medication and the importance of using the minimal amount of medication necessary to achieve results. Given the 1-2 week delay in the treatment reaching full effectiveness, this may result in "touchup" therapy to fully achieve your desired cosmetic outcome.