

Pre & Post

Botox Treatment Instructions

- Do NOT consume alcoholic beverages at least 24 hours prior to treatment. Alcohol may thin the blood and increase the risk of bruising).
- Schedule your Botox appointment at least 2 weeks prior to a special event. Results from Botox injections will take approximately 4 to 7 days to take full effect. Also bruising and swelling may be apparent during this time.
- Avoid anti-inflammatory/blood-thinning medications, if possible, for a period of 2 weeks before treatment. Medications and supplements such as Aspirin, Vitamin E, Ginkgo Biloba, Ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS. These medications have a blood-thinning effect and can increase the risk of bruising and swelling after injections.
- Discontinue Retin-A 2 days before and 2 days after treatment.
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore, or blemish on the area. You are not a candidate if you are pregnant or breastfeeding. Also, history of Myasthenia Gravis, Amyotrophic lateral sclerosis, Lambert-Eaton syndrome, or Bell's palsy is contraindicated.
- Do NOT manipulate the treated area for 3 hours following treatment. Do NOT receive facial/ laser treatments or microdermabrasion after Botox injections for at least 10 days. Do NOT wear a tight-fitting hat for 3 hours following treatment. Ask your injector if you are not sure about the time frame of certain services.
- Some providers believe that smiling and frowning right after Botox treatments helps the Botox find its way to the muscle into which it was injected after treated.
- Do NOT lie down for 4 hours after your Botox treatment. This will prevent the Botox from tracking into the orbit of your eye and causing a drooping eyelid.
- If the desired result is not seen after 2 weeks of your treatment you may need additional Botox. You will be charged for a product used during any touch-up or subsequent appointments.
- Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 6 hours after treatment.
- Please contact us if you have severe or increased pain, fever, chills, or sign of infection.