



## Mill Plain Medical Aesthetics, PC

### Pre and Post Care Instructions for Botox/Dysport/Xeomin Treatment

In order to minimize the risk of possible side effects and complications of injections please follow these simple steps:

#### Pre-Treatment

- Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising)
- 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 have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Schedule your appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. Results from injections will take approximately 4 to 7 days to appear. Also bruising and swelling may be apparent in that time period.
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area.
- If you have a history of cold sores please let your provider know, they may put you on an anti-viral medication prior to treatment.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
- You are not a candidate if you are pregnant or breast feeding.

#### Post-Treatment

- 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. Ask your provider if you are not sure about the time frame of certain services.
- 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 drooping eyelid.
- It can take approximately 4 to 7 days for results to be seen. If the desired result is not seen after 2 weeks of your treatment you may need additional Botox. You are charged for the amount of product used. However, you will not be charged for product used during your first touch up visit. We do not over-inject our patients – this policy allows us to then give an appropriate dose at subsequent appointments.
- Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 6 hours after treatment. This will keep the Botox in the injected area and not elsewhere.