

Botox/Neuromodulator Pre & Post Care

(Botox/Dysport/Xeomin/Daxxify/Jeuveau)

Pre-Treatment

- This treatment is not recommended if you have an important event within 2 weeks of injection due to potential for bruising
- Avoid herbal supplements such as Ginkgo, green tea and anti-inflammatories of any kind for 2 weeks before and following treatment to reduce bruising

What to Expect

- Bruising in the area injected is normal and often expected, especially if treated around the eyes. Bruising can last up to several weeks
- Using/taking Arnica may help diminish bruising
- It may take up to 12 days for Botox to take full effect
- A follow-up visit of 10 days to 2 weeks is suggested to assess the results of subsequent treatments, particularly if you are a first-time client. If full correction is not achieved, you will need to purchase additional Botox for injection
- Re-treatment is typically needed between 2-6 months.
- Regular injections usually yield a longer lasting result
- If your upper lip was treated you will not be able to drink through a straw, whistle, or enunciate some words for approximately 2 weeks

Post-Treatment

- For the first 5-6 hours following treatment, remain upright and periodically perform facial movements in the areas of injections to work the neurotoxin into the muscle - e.g., smile, squint, etc.
- Do not participate in activities that include heavy lifting, vigorous exercise or straining for 2-3 hours (it takes approximately 2-3 hours for the neurotoxin to bind to the nerve and you do not want to increase circulation during that time)
- Do not rub, touch, or manipulate the area for 6 hours
- Avoid irritating products for 24 hours following treatment
- Make-up may be applied gently before leaving the office, remember to wipe up and away from your eyes or brows
- Although rare, infection in the injected area is possible. Signs of infection may include redness and tenderness in the infected area and fever. Should you develop an infection, antibiotics may be necessary. Please contact us should you have any concerns

I have been educated on the pre and post treatment, side effects of this treatment and I am aware of the risks associated.

Patient Name

Patient Signature