



### **PRE-TREATMENT INSTRUCTIONS FOR BOTOX® & XEOMIN®**

Avoid alcoholic drinks at least 24 hours prior to treatment (to help prevent bruising due to the blood thinning effects of alcohol).

On the day of treatment, avoid vigorous exercise prior to treatment.

Avoid anti-inflammatory and blood thinning medications for 2 weeks prior to treatment.

Such medications include aspirin, NSAIDs (Ibuprofen, Naprosyn, Aleve), Vitamin E, Ginkgo Biloba, St. John's Wort, Coumadin/warfarin, Pletal, Aggrenox. It is recommended that you speak to your physician before discontinuing these medications prior to doing so, however.

Schedule your injection at least 2 weeks prior to any special occasion/event in case you bruise.

### **POST-TREATMENT INSTRUCTIONS FOR BOTOX® & XEOMIN®**

No straining, heavy lifting, vigorous exercise for 2-3 hours following treatment.

Avoid manipulation of the area for 3 hours following treatment.

Facial exercises are recommended of the injected area for 1 hour following the treatment to stimulate the binding of the toxin only to this localized area. This means move your face 3 times every 5 minutes for one hour.

Avoid pushing on the treated area for at least 3-4 days. For example, do not get a massage where the clinician pushes your face into the treatment table for this time. Wash your face gently only.

It can take 2-14 days for the injection to take full effect. Contact the office 2 weeks after the treatment if the desired effect was not achieved.

Make up can be applied immediately. Retin-A, Glycolic Acid, Vitamin C can be used but avoid the treated area for 24 hours.