



# BOTOX<sup>®</sup>

## PRE + POST CARE

### PRE-TREATMENT CARE:

- This treatment is not recommended if you have an important event within 2 weeks of injection due to the potential for bruising.
- To minimize bruising, avoid blood thinners for 2 weeks before treatment unless you have been instructed to take blood thinners for a medical reason from your PCP.

### POST-TREATMENT CARE:

- For the first 4-6 hours following Botox<sup>®</sup>/Dysport<sup>®</sup>/Xeomin<sup>®</sup>, remain upright and periodically perform facial movements in the areas of injections in order to work the wrinkle relaxer into the muscle - e.g., smile, squint, etc.
- Do not participate in activities that include heavy lifting, vigorous exercise or straining for 4-6 hours (it takes approximately 4 hours for the wrinkle relaxer to bind to the nerve and you do not want to increase circulation during that time).
- Do not rub, touch, or manipulate the areas you were injected for 4-6 hours.
- Avoid irritating products for 24 hours following your injections (retinol, Vitamin C, etc.)
- Make-up may be gently applied before leaving the office, remember to wipe up and away from your eyes or brows.
- 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 before and after injections may help diminish bruising.
- It may take up to 14 days for your wrinkle relaxer to take full effect.
- A follow-up visit at 14-21 days is suggested to assess results for subsequent treatments, particularly if you are a first-time client.
- Re-treatment is typically needed between 3-4 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.