



Recommended Pre & Post Care for BOTOX Cosmetic®

For best results please follow these instructions.

Before your treatment:

- Review the Bruise Prevention Protocol on our website. Taking an oral Arnica Montana supplement (available at our office) prior to your treatment may help prevent bruising.
- Some medications or supplements that thin the blood may increase the risk of bruising. Consult with your physician.
- Unless necessary, avoid taking muscle relaxants, Benadryl and medicines for colds, allergies or sleeping on the day of your treatment. BOTOX can strengthen the effects of some medications.
- Avoid facials, chemical peels and laser treatments for 1-2 days prior to treatment. Wait until your skin is completely healed prior to Botox injections.
- Notify your physician of any changes to your health history or medications since your last appointment.
- Wait at least 2 weeks after receiving vaccinations or dental work.
- If you have a history of herpes or cold sores, an anti-viral prescription is recommended prior to treatment in that area.

For 24 hours after your treatment:

- Avoid touching the treatment area and injection sites to help prevent infection. Keep hair away from the treated area. Don't allow pets to touch the treatment area.
- Don't apply makeup or skin care products to the treatment areas.
- Remain upright and avoid lying down or lying on your side for 6 hours after your treatment.
- Alcoholic beverages are not recommended.
- You may take Tylenol for discomfort, but wait 24 hours before taking ibuprofen (such as Motrin or Advil), aspirin, Aleve to minimize bruising.

For 48 hours after your treatment:

- Don't massage or manipulate the injection areas. Wash your face gently.
- Avoid strenuous physical exercise and extreme sun, heat or cold.
- Postpone facials, chemical peels and laser treatments until after the skin is completely healed

For 2 weeks after your treatment: Postpone unnecessary dental procedures and vaccinations for at least 2 weeks.

What to expect:

- The most common side effects are redness, tenderness and minor bruising at the injection sites. Redness should subside within a few hours, and other minor side effects should resolve within about a week.
 - If bruising occurs, refer to the Bruise Prevention Protocol.
 - Please allow 14 days for your Botox treatment to take full effect. After that time, we can "touch up" the area if needed.
 - In the unlikely event you have: 1) significant pain at or away from the injection site, 2) allergic reaction such as itching, rash, welts, wheezing, dizziness or faintness, 3) any redness and/or visible swelling that lasts for more than a few days, 4) symptoms of eye dryness or changes in vision) or 5) any other symptoms causing you concern, please call your physician immediately at **(480) 785-2100**. Seek immediate medical care if you have difficulty swallowing, speaking or breathing, if you are wheezing, have asthma symptoms, or are dizzy or faint.
 - The benefits of BOTOX usually lasts 3 to 4 months. Afterward the muscle's action and its associated wrinkles return. Please schedule your next appointment within 3 months. It is important to maintain a regular injection schedule for best results and to reduce formation of new wrinkles.
 - Additional instructions: _____
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