

Pre-Treatment Instructions

- To avoid bruising it is best not to take any pain relievers or supplements that are blood thinners such as aspirin, Tylenol, Advil, Motrin, fish oil, or Vitamin E within one day of treatment. It's also best to avoid alcohol within one day of treatment since it is a blood thinner.
- Do not use **Botox** if you are pregnant or breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders. Please inform your medical provider if you have any questions about this prior to the procedure.
- Sunburned skin is difficult to treat so avoid exposure to the sun.
- Avoid Waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated three days before treatment.
- Avoid the use of Alpha Hydroxy Acids higher than 10% and avoid Retinoids three days before treatment.
- Inform your medical provider if you have a history of Perioral Herpes to receive advice on antiviral therapy prior to treatment.
- Please indicate all medications you may be taking as well as your medical history on your medical questionnaire.

Post-Treatment Instructions

- **Do NOT rub or massage** the treated areas for 4 hours after your treatment. Do NOT practice Yoga or any strenuous exercise for 4 hours after treatment. Also, avoid facials or saunas for 4 hours after your treatment. This will minimize the risk of raising your blood pressure and therefore minimize the risk of temporary bruising. Feel free to shower and go about most other regular daily activities.
- **Do NOT lie down** for 4 hours after treatment. This is to avoid the risk of pressure on the treated areas (from your pillow) and to avoid the risk of having the area rubbed accidentally.
- **To avoid bruising**, it is best not to take any pain relievers or supplements that are blood thinners, such as aspirin, Tylenol, Advil, Motril, fish oil, or Vitamin E within one day of treatment. It is also best to avoid alcohol within one day of treatment since it is a blood thinner.
- As always, wear SPF 30 sunblock when appropriate and avoid exposure to intense, direct sunlight and heat (e.g., sun lamp, steam, sauna) for at least two to three days from your treatment.
- It is recommended to wait two to three weeks after your injection before having other procedures done in the same anatomic area (e.g., microdermabrasion, laser treatment, chemical peel, etc.).
- **Be assured** that any tiny bumps or marks will go away within a few hours. If you need to apply make-up within 4 hours after your treatment, only use a GENTLE touch to avoid rubbing the treated area.
- The results of your treatment **may take up to 14 days** to take full effect. Please wait

until the 14 days have passed before assessing if you are pleased with the result.

- **Botox Cosmetic is a temporary procedure** and at first, you may find that your treatment results will last approximately 3 months. If you maintain your treatment appointments with the frequency recommended by your medical provider, the duration of each treatment result may last longer than three months.
- Initially our clinic sees clients at the 3-month (12 week) time period. We are able to create the best clinical results for you during this period. If you allow **Botox** Cosmetic to wear off completely, it is difficult for the medical provider to be able to see how your individual muscles reacted, and therefore optimal results for your face can be more difficult to achieve.

Please email support@ourfamilyhealthcenter if you have any questions or concerns.