

NEUROMODULATOR (*BOTOX OR DYSPORT*) INJECTIONS

Preparation

In order to obtain the best results for your Botox / Dysport appointment, please follow these pre and post appointment recommendations:

TWO WEEKS PRIOR:

- If you have a special event or vacation coming up, please keep in mind that you may want to schedule your treatment at least 2 weeks in advance.

2 DAYS PRIOR:

- Avoid topical products such as Tretinoin (*Retin-A*), Retinol, Retinoids, Glycolic Acid, Benzyl Peroxide, Hydroquinone.
- Avoid blood thinning over-the-counter medications such as Aspirin, Motrin, Ibuprofen and Aleve.
- Avoid supplements, including St. John's Wort, Gingko Biloba, Primrose Oil, garlic, ginseng and Vitamin E.

24 HOURS PRIOR:

- Do not drink alcoholic beverages 24 hours prior.

DAY OF TREATMENT:

- Arrive at the office with a clean face – washed and without any makeup.

General Recommendations

- If you have a history of cold sores, it is recommended that you are pre-treated with medication prior to the injection treatments or near the oral area. The medication will need to be started 3 days prior to your treatment visit.
- YOU CAN NOT RECEIVE Botox / Dysport if you are pregnant or breast-feeding, are allergic to cows milk protein, or suffer from neurological disorders. Please inform us if you have any questions about this prior to your treatment.



After Treatment

POSTTREATMENT GUIDELINES:

- You may immediately return to normal activity including work.
- Avoid strenuous activity, heavy lifting or vigorous exercise for 24 hours.
- Avoid lying flat or bending forward for the next four hours.
- You can apply sunscreen, skin care products, and light make up as desired four hours following treatment. But please avoid glycolic or Retin A products for 24 hours.
- To minimize swelling and or bruising avoid intense heat in the treated areas. This includes tanning, saunas, hot tubs, hot wax or hot showers for the next 24 hours.
- While it is always recommended to avoid sun exposure, it is particularly important to avoid prolonged sun exposure until any redness or swelling is gone.
- Avoid alcoholic beverages for the next 24 hours.
- Botox/Dysport will gradually take affect over the next 3 to 10 days with optimal results at two weeks.

POSSIBLE SIDE EFFECTS

OCCASIONAL:

You may experience some of the following:

- Temporary redness at the injection site.
- Mild temporary swelling.
- Tingling sensation.

RARE:

- Mild headache.
- Bruising.

VERY RARE:

- Nausea, fatigue, flu like symptoms.
- Droopy eye brow/lid or lip.

PLEASE CONTACT US IMMEDIATELY IF YOU:

- Have fever and / or chills.
- Notice the area appears red and / or hot to the touch.
- Have loss of strength / muscle weakness, blurred vision or drooping eyelids.

Please note: it is our practice to suggest a two week follow up appointment. At this appointment we can assess your result and provide a complementary touch-up if needed.

