

**BOTULINUM-A (Botox, Dysport, Jeuveau, etc)
PRE- + POST-PROCEDURE PATIENT INSTRUCTIONS**

PRE-PROCEDURE INSTRUCTIONS

- For 1 week prior to treatment, please avoid the following medications that may increase the risk of bleeding and/or bruising: Aspirin, Advil, Motrin, Ibuprofen, Aleve, Naprosyn, Excedrin (all OTC pain pills except Tylenol), Vitamin E, Gingko Biloba, Omega-3 fatty acids, Niacin supplements, cod liver oil, CoQ10, garlic and ginger.
- AVOID alcohol for 48 hours before and after your treatment, as this may cause additional bruising and/or swelling.
- You may not do cosmetic injections if you are pregnant or breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders. Please inform your clinician if you have any questions about this prior to the procedure.
- Sunburned skin is difficult to treat so avoid exposure to the sun.
- Inform your clinician if you have a history of cold sores (HSV I) to receive advice on antiviral therapy prior to the treatment. If you are currently having an outbreak please call and reschedule your treatment until after the outbreak has resolved.
- Always inform your clinician of all medications you are taking. If there are any updates to your medical history, please let us know.
- Arrive for your appointment wearing no makeup if possible. You will be able to apply makeup after your treatment, although we recommend waiting at least 24 hours.
- The ideal time to schedule this procedure is at LEAST 2 weeks before a big event.

POST-PROCEDURE INSTRUCTIONS

- Do NOT lie down for 4 hours after treatment.
- Do NOT rub or massage the treated areas for 48 hours after your treatment. This includes wearing tight hats, headbands or sunglasses. Avoid receiving a massage where you need to lie face down in a face cradle.
- Also, avoid rigorous exercise or saunas for 24 hours after your treatment.
- There may be tiny bumps or marks in the areas of the injections. These will go away in a few hours or sooner. If you need to apply make-up after your treatment, only use a GENTLE touch to avoid rubbing the treated area.
- You may have bruises in the treated areas that can last a few days up to 10 days.
- It will take up to two weeks for you to experience the full effect of the treatment. Please wait until the 14 days has passed before assessing if you are pleased with the result or need any adjustments.
- As soon as you notice movement starting to return in the muscles that were treated, you should schedule your next appointment. Typically, this is in 3-4 months. It is possible to use less product to achieve the same look if the treatment occurs before the first one has completely worn off.

If you have questions or concerns after business hours following a procedure, please call us at **802-861-2273** and push **option 5** to be connected to our answering service. **For a true medical emergency, call 911.**