

## **BOTulinum TOXin Pre & Post Care Instructions**

### **To achieve optimal safe and effective results please follow these instructions:**

- Schedule your Derma Filler and Botox appointment at least 4 weeks prior to a special event, such as a wedding or a vacation to allow for complete healing
- Results from the Dermal Filler and Botox injections will take approximately 4 to 7 days to appear. Also bruising and swelling may be apparent in that time period
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area
- If you have a history of cold sores please let your provider know, they may put you on an antiviral medication prior to treatment
- Avoid blood thinners prior to and after surgery. Patients that bruise easily or take blood thinners may take longer to heal. Please be patient
- Do not consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising)
- Discontinue Retin-A 2 days before and 2 days after treatment
- If you would like to minimize the risk of bruising after treatment, please consider these options:
  - o Homeopathic Arnica Montana ointment or SinEcc (pill form). Usage depends on the formulation. Typically, one pill 3x/day x 4 days starting the day of surgery. Ointment is applied to bruising 3 times a day.
  - o Bromelain (homeopathic medicine)
  - o Good nutrition & fruits (pineapple & papaya)
  - o Ocumend gel pads (available on online) Post-Treatment Botox
- Do not manipulate the treated area for 3 hours following treatment. Do not receive facial/laser treatment or microdermabrasion after Botox injections for at least 10 days. Ask your provider if you are not sure about the time frame of certain services.
- Do not perform activities involving straining, heavy lifting, or vigorous exercise for 6 hours after treatment. This will keep the Botox in the injected area and not elsewhere

## **Botulinum A Toxin.**

Today you may have undergone a treatment in which a tiny amount of a muscle relaxing protein has been injected into muscles to improve appearance. It will usually take between 3 and 10 days to start to see any muscle relaxing effect and 14 days until the full effect has been reached.

### **What's normal after a procedure?**

Injections can cause small amounts of swelling, a temporary bump, redness, bruising, a mild to moderate headache, and sensations such as tingling or mild itching after the treatments. These effects are so common they can be considered a normal part of the process.

The initial effects will show in the first 2-5 days. Peak effect on the muscle is at 14 days, but the result will continue to improve for 4 weeks or more. The benefits start to wear off after 3-4 months on average.

### **How to protect your result & reduce side effects.**

- Remain upright for 2 hours
- Do small extra contradictions of the muscle treated every 20 minutes for the first hour
- When cleansing, avoid pressure and use gentle strokes away from the eyes
- Avoid facial massages or electrical stimulation of the face for the next 2 weeks
- Avoid alcohol and exposure to UV and extreme heat i.e. sauna, sun beds, very hot showers, strenuous exercise etc

### **Reduce the chance of infection:**

- Do not apply make-up for approximately 6 hours unless it is mineral based
- Wash your hands immediately post-procedure
- Do not touch your face in the areas injected for 6 hours

### **Contact us...**

- If you develop a side effect, such as a dry eye, droopy eyelid, or a heavy brow
- Any other side effects you think are important
- If you feel distressed or worried in any way
- Routine adjustments can be carried out from day 14 after your procedure