



TREATMENT INSTRUCTIONS | BOTOX

(Patient Take Home)

BEFORE TREATMENT

- Avoid alcoholic beverages within 24 hours of your treatment.
- Avoid anti-inflammatory drugs (Ibuprofen, Motrin, Advil, Aleve, Vioxx, etc.), aspirin, Vitamin E, or Gingko Biloba one week prior to treatment. This will reduce the possible side effects of bruising and/or swelling in the treated area(s).
- Avoid products/treatments that boost metabolism (diet pills and Endermologie) one week prior to treatment.
- You cannot be pregnant or breastfeeding to receive treatment.
- You cannot be allergic to egg or egg products to receive treatment.

AFTER TREATMENT

- Facial exercises are strongly recommended in the area treated for one hour after injection.
- Avoid manipulation of treated area for a minimum of four hours.
- Avoid products that boost metabolism for 1-2 weeks following your treatment as these products can minimize your results by flushing the Botox out the muscle before it takes effect.
- By following the above measures you will minimize the occurrence of ptosis (droopy eyelids), bruising, and less than optimal outcomes.

FOLLOW UP

- Treatment effect will take 3-8 days on average and will last 3-6 months in duration.
- If you have not received full relaxation of muscle at 10-14 days please inform the office. Additional units may be purchased to achieve desired result.
- Follow up treatments should be scheduled prior to return of full movement of muscle, usually at three months.
- Consistent repeated treatments will produce best resolution of wrinkles.