Pre and Post Care for BOTOX

Botox® Pre-Care Instructions

To ensure optimal results and reduce the risk of bruising or side effects, please follow these guidelines prior to your appointment:

7 Days Before Treatment

- Avoid blood-thinning medications and supplements unless prescribed by your provider, including:
  - Aspirin
  - Ibuprofen (Advil®, Motrin®)
  - Naproxen (Aleve®)
  - Vitamin E
  - Fish oil / Omega-3
  - Garlic supplements
  - Ginkgo biloba
  - St. John's Wort
- Avoid alcohol for at least **24–48 hours** before treatment.

24 Hours Before Treatment

- Avoid strenuous exercise.
- Avoid facials, chemical peels, microneedling, or laser treatments in the treatment area.
- Arrive with a clean face—no makeup, lotion, or skincare on the treatment area if possible.

Day of Treatment

- Inform your provider if you are:
  - Pregnant or breastfeeding
  - Taking antibiotics, muscle relaxers, or blood thinners
  - Experiencing any illness, infection, or active skin irritation

- Eat a light meal prior to your appointment to reduce the chance of dizziness.

Botox® Post-Care Instructions

Following proper aftercare is essential for the best results and safety.

Immediately After Treatment (First 4–6 Hours)

- Remain upright—do not lie down or bend forward excessively.
- Avoid touching, rubbing, or massaging treated areas.
- Avoid wearing tight hats, headbands, or helmets if treated in the forehead area.

First 24 Hours

- Avoid strenuous exercise, heavy sweating, or saunas.
- Avoid alcohol consumption.
- Avoid facials, massages, or skin treatments on the treated areas.
- You may gently cleanse your face and apply makeup after **4–6 hours**, if desired.

What to Expect

- Mild redness, swelling, or small bumps at injection sites may occur and typically resolve within a few hours.
- Minor bruising is possible and may last several days.
- Results begin to appear in **3–5 days**, with full results visible in **10–14 days**.

Important Do's & Don'ts

- Do not massage or apply pressure to treated areas.
- Avoid sleeping the first night face down.
- Facial expressions (raising brows, frowning) may be gently performed after treatment unless instructed otherwise by your provider.

Follow-Up & Results

- Botox® results typically last **3–4 months**.
- A complimentary follow-up may be recommended at **10–14 days** to assess results.
- Contact the office immediately if you experience:
  - Difficulty swallowing, speaking, or breathing
  - Severe pain
  - Drooping that worsens after several days

Individual results may vary. These guidelines are general recommendations and may be adjusted by your provider based on your treatment plan.