

## **BOTOX OR DYSPORT PRE AND POST CARE INSTRUCTIONS**

### **Pre-Care Instructions**

- Avoid the use of Aspirin, Ibuprofen, Advil, Aleve, Motrin, Ginkgo Biloba, Garlic Supplements, Green Tea, Flax Oil, Cod Liver Oil, Vitamins A and E, Omega-3, fish oil for up to 1 week **before and after** your treatment as they will increase your risk of bruising
- Avoid the use of alcohol for 24 hours before and after your treatment to avoid excess bruising
- You may take Arnica tablets 2-3 days before and after your treatment to reduce the risk of bruising
- Do not use the Botox or Dysport if you are pregnant or breastfeeding, are allergic to any of its ingredients, or have a history of neurologic disorders. Please inform your provider if you have any questions about this prior to the day of treatment
- You may experience a mild amount of tenderness or stinging during and following injection
- Some bruising may occur

### **Post Care Instructions**

- Stay in a vertical position for 4 hours following injection. Do not rest your head or lie down; sit upright. It is ok to momentarily bend over, but do not have your head in a prolonged head down position for the 4 hours following Botox injections
- Do not wear tight hats or headbands for the first 24 hours after your injection
- You may take Acetaminophen/Tylenol if you experience any mild tenderness or discomfort
- Avoid strenuous exercise for 24 hours to reduce bruising. You may resume other normal activities/routines immediately
- Resume your daily skin care regimen the evening after treatment
- Avoid dermal rollers for the first week following your treatment

The product will be in full effect after 14 days.