



BOTOX AND DYSPORT PRE AND POST INSTRUCTIONS

Pre-Treatment Instructions:

- Avoid alcohol 24 hours prior as it can increase the risk of bruising.
- Avoid blood thinning medications and supplements 3-5 days prior. These may include: Aspirin, NSAIDS, antioxidants, Vitamin E and fish oil.
- You can take Arnica tablets 2 days leading up to your appointment if concerned about bruising.
- If you have a cold or an illness of any kind, please wait until you are feeling 100% percent before scheduling your Botox or Dysport appointment.
- If you are prone to or have a history of cold sores, please let us know prior to your appointment.

Post-Treatment Instructions:

- Stay upright and don't manipulate the treatment area for at least 4 hours.
- Do not exercise for at least 24 hours after treatment.
- We do not recommend other facial treatments, lasers eyebrow waxing or massage for 7-10 days after treatment.
- Schedule a 2 week follow up as full results will be seen in 14 days. Tweaks are common and normal.