

Botulinum toxin PRE - TREATMENT INSTRUCTIONS

In an ideal situation it is prudent to follow some simple guidelines before treatment that can make all the difference between a fair result or great result, by reducing some possible side effects associated with the injections. We realize this is not always possible; however, minimizing these risks is always desirable.

- Patient must be in good health with no active skin infections in the areas to be treated
- Patient should not be needle phobic
- Avoid alcoholic beverages at least 24 hours prior to treatment. Alcohol may thin the blood, which will increase the risk of bruising.
- Avoid anti-inflammatory / blood thinning medications ideally for a period of two (2) weeks before treatment. Medications and supplements such as Aspirin, Vitamin E, Gingo Biloba, St. John's Wort, Ibuprofen, Motrin, Advil, Aleve, Vioxx, and other NSAIDS are all blood thinning and can increase the risk of bruising/swelling after injections. However, do not stop these medications if ordered by your doctor to be taken daily.
- Schedule Botulinum toxin appointment at least 2 weeks prior to a special event which may be occurring (i.e., wedding, vacation, etc.) to avoid bruising on the day of your event.

Botulinum toxin POST - TREATMENT INSTRUCTIONS

The guidelines to follow post treatment have been followed for years, and are still employed today to prevent the possible side effect of ptosis (drooping of the eyelids). These measures should minimize the possibility of ptosis or other undesirable muscle weakness in areas we did not inject.

- No straining, heavy lifting, vigorous exercise for 3-4 hours following treatment. It is now known that it takes the toxin approximately 2 hours to bind itself to the nerve to start its work, and because of this, we do not want to increase circulation to that area to wash away the Botulinum toxin from where it was injected.
- Avoid manipulation of area for 3-4 hours following treatment. (For the same reasons listed above.) This includes not doing a facial, peel, or micro-dermabrasion, or applying makeup right after treatment with Botulinum toxin. A facial, peel, or micro-dermabrasion can be done on the same day only if they are done before the Botulinum toxin injections.
- It can take 2 -10 days to take full effect. It is recommended that the patient contact the office no later than 2 weeks after treatment if desired effect was not achieved and no sooner to give the toxin time to work.