

Botox Preparation and AfterCare Instructions

Congratulations! You have completed your Botox® Session. When treatment instructions are properly followed, your procedure can be optimally safe and effective.

Before Treatment

- Please avoid any medications that can increase the risk of bruising, including aspirin, ibuprofen, naproxen, etc. It can be helpful to avoid fish oil supplements and herbal remedies that may have the same effect. Make sure you consult with your physician before changing any prescribed medications.
- Please also avoid any peels, topical remedies, etc. that will affect the area before your treatment and for at least 2 days after.
- Please advise the staff if you may be pregnant or trying to become pregnant.

During Treatment

Your practitioner may apply ice and pressure to the area to help with comfort and to reduce bruising. Some fullness, numbness or 'tightness' in the area can occur.

After Treatment

- It is helpful to stay upright for about 4 hours after the injection. This reduces the risk of complications and also helps reduce bruising.
- Avoid heat to the treated area, (ie. hot showers, face wash, jacuzzis, saunas, yoga, baths, etc.) and prolonged sun exposure for at least 24 hours. Avoid strenuous activity for at least 1-2 days.
- Do not massage the treated area or get facials for at least 3 days.
- Maximum response can be expected within 7-14 days after injection. Some small red dots or minor bruising may be visible on the skin after treatment. These can be cleared with alcohol or makeup remover immediately after. Minor bruising typically resolves within hours to a few days. Light makeup can be used as needed.
- If proper amounts are used, the effects of Botox typically last 3-4 months. For underarm injection for hyperhidrosis, this may last up to 9 months. It's helpful to make your next appointment before the effects are completely resolved.
- A mild headache may occasionally occur. This is normal. Tylenol is ok if needed. Contact us immediately if you should feel numbness or weakness around the eye muscles, any drooping of the eyelid or any other weakness, difficulty swallowing or any allergic-type reactions.

We ask clients that they provide at least a 24 hour notice before any changes or cancellations to scheduled appointments in order to avoid incurring a cancellation fee or forfeiture of service