



## **Botox Pre & Post Treatment Checklist**

### **Pre Care**

- Avoid taking aspirin, non-steroidal anti-inflammatory medications, St. John's Wort, and high doses of vitamin E supplements, and fish oil for one week before your treatment. These agents may increase bruising and bleeding at the injection site.
- Avoid alcohol for three days before your treatment.

### **Post Care**

- Immediately after the treatment, the most commonly reported side effects were temporary redness and swelling at the injection site. These effects typically resolve within two to three days. Cold compresses may be used immediately after treatment to reduce swelling. If the inconvenience continues beyond two to three days or if other reactions occur, please contact our office.
- Avoid touching the treated area within six hours following treatment. After that, the area can be gently washed with soap and water.
- Do not lay flat for three hours after your treatment.
- Avoid exercise, steam room, sauna or anything that can cause sweating until the day after your treatment.
- Do not have any facial procedures including laser, facials, massage, or microneedling for two weeks after your treatment.
- Until the initial redness and swelling have resolved, avoid exposure of the treated area to intense heat (sun lamp or sun).
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another recurrence.
- Avoid taking aspirin, non-steroidal anti-inflammatory medications, St. John's Wort, and high doses of vitamin E supplements for one week after treatment. These agents may increase bruising and bleeding at the injection site.
- Avoid alcohol for two days after your treatment.
- Evidence shows that having a follow up treatment before the product has fully dissipated will enhance the lasting effect. Please be sure to consult your injector about recommendations for touch-up or follow up treatments.