

## BEFORE BOTOX® INSTRUCTIONS

- To avoid bruising it is best not to take any pain relievers that are blood thinners such as aspirin, Tylenol, Advil, Motrin, or Vitamin E.
- Avoid alcohol for a few days before and after treatment.
- Do not use BOTOX® Cosmetic if you are pregnant or breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders. Please inform your clinician if you have any questions about this prior to the procedure.
- Sunburned skin is difficult to treat so avoid exposure to the sun. Avoid waxing, bleaching, tweezing, or the use of hair removal cream on the area being treated.
- Avoid the use of Alpha Hydroxy Acids higher than 10% and avoid Retinoids prior to the procedure.
- Inform your clinician if you have a history of Perioral Herpes to receive advice on antiviral therapy prior to treatment.
- Always inform your clinician of all medications you may be taking as well as your medical history.

## AFTER BOTOX® INSTRUCTIONS

- You may have bruises in the areas treated with BOTOX® Cosmetic. This is normal. It will take up to two weeks for you to experience the full effect of your treatment. Remain patient. It takes time for the muscles to lose strength and the lines to fade following this procedure. Keep in mind that the objective of the BOTOX® Cosmetic treatment is to improve the appearance of the lines, not necessarily paralyze the muscle. If we can achieve the improvement of the lines without complete paralysis in the area, then you benefit from continued use of subtle facial expression in that area of your face.
- It is best to try to exercise your treated muscles for 1-2 hours after treatment (e.g. practice frowning, raising your eyebrows, or squinting). This helps to work the BOTOX® Cosmetic into your muscles. Although thought to help, it will NOT impact your treatment negatively if you forget to do this.
- Do NOT rub or massage the treated areas for 4 hours after your treatment. Do NOT exercise for 24 hours after treatment. Also, avoid facials or saunas for 4 hours after your treatment.
- Do NOT lie down for 4 hours after treatment.
- Be assured that any tiny bumps or marks will go away within a few hours. If you need to apply make-up within 4 hours after your treatment, only use a GENTLE touch to avoid rubbing the treated area.
- Results of your treatment may take up to 14 days to take full effect. Please wait until the 14 days has passed before assessing if you are pleased with the result.