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## YOU MAY NOT UNDERGO BOTOX IF YOU:

Are pregnant or lactating / Have an active infection or breakout in treatment area  
Have a history of myasthenia gravis or any other neuromuscular disorder

## PRE

You should be in good overall health, with no redness, irritation, infection, rash or infection to the treatment area / If you are prone to cold sores, we recommend taking a prophylactic 72 hrs beforehand to prevent an outbreak / We recommend treating a minimum of *two weeks before an event*, to ensure all redness, bruising and swelling has subsided.

**AVOID** Aspirin, Motrin, alcohol, vitamin A, vitamin C, vitamin E, Gingko Biloba, St Johns Wort, or any *non steroidal anti-inflammatories 72 hours pre + post treatment*. These agents may increase bruising and bleeding at the injection site.

## POST

**AVOID** vigorous exercise for 24 hours post treatment

**AVOID** laying down flat for 4 hours post treatment

Cold compresses may be used immediately after treatment to reduce redness, do not apply ice directly to the skin.

**AVOID** laser treatments and chemical peels to the treated area for *two weeks post BOTOX*

Redness and bruising is normal and can occur in the treatment area up to *two weeks* post treatment.

**CONSULT** the office as soon as possible if you have any questions or concerns post treatment.  
Return to the office 2 weeks post for follow up photos and complimentary touch up treatment if determined appropriate