

# TIGER LILY

## BOTOX

### Pre-procedure Instructions

- Maximum effect of botox is seen at 2-weeks. This is why it is ideal to plan your botox treatment 2-3 weeks prior to any special events
- AVOID anti-inflammatory medications (ASA, ibuprofen, Aleve, Naprosyn, Motrin, Advil, etc), alcohol or herbal supplements (vitamin E, Ginkgo Biloba, omega 3, St John's Wort, etc) since they may cause increased bleeding and bruising
- AVOID alcohol 24 hours prior since it can increase your risk of bleeding and or bruising
- Contraindications to receiving Botox include: Myasthenia Gravis, neuromuscular disorders, allergy to botulin toxin or human albumin, breastfeeding or pregnancy



### Post-procedure Instructions

- Use the injected muscles 1-2 hours after treatment to help botox into the targeted muscles
- Common side effect after injections include mild bruising or tenderness. It is ok to apply ice or take Tylenol (if no contraindication)
- AVOID touching, rubbing or physical pressure to your treated areas
- AVOID heavy exercise for ~24 hours after treatment to prevent swelling and bruising
- NO LYING FLAT for 4 hours post appointment to prevent migration of botox
- AVOID alcohol 24 hours after procedure (increases bleeding and bruising risk)
- Stay out of sun and avoid heat exposure (hot tubs, steam rooms and saunas) for 24 hours after injection
- It is ok to GENTLY apply make-up



### What to Expect

#### **Your satisfaction is important to us!**

- It is not uncommon to experience a headache. This should resolve in 1-2 days
- Most people begin noticing effects of botox within 4-5 days with full effect at 14 days
- We usually schedule a 2 week follow up in the event that touch ups are necessary. Should you require additional botox it will be charged at the regular rate
- **For any questions or concerns please do not hesitate to contact Aubrey (719) 659-4102 or Alicia (413) 335-6697**