



Botox and Dysport Treatment Guidelines

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Pre-Treatment Guidelines

1. Discontinue the following 3-5 days prior to treatment
 - Aspirin
 - Ibuprofen (Mortin, Advil, Aleve)
 - Omega 3 Fatty Acids (Fish oil)
 - Vitamin E
 - Ginger
 - Ginkgo Biloba
 - Ginseng
 - Garlic
 - Alcohol
 - Green Tea
2. If you are using prescription aspirin or blood thinners, do not discontinue use unless permitted by your physician.
3. Due to potential for bruising, this treatment is not recommended if you have an important event within 2 weeks of injection.

Post-treatment Guidelines

1. Avoid consumption of herbal supplements, Aspirin, Ibuprofen or other non-steroidal anti-inflammatory drugs & alcohol for the first 24Hr after your treatment. It may result in bruising.
2. Try not to apply makeup for the first 4Hr after your treatment.
3. Don't massage or manipulate the injection sites for 48Hr after injection.
4. Avoid irritating products (Retinols, Glycolics, Acne medications) for 24Hr.
5. Avoid bending waist down, lying down and remain upright for at least 5-6Hrs post treatment.
6. Do not pluck eyebrows for the first 6Hr after treatment.
7. Avoid yoga, strenuous exercise & extreme sports for 1-2 days.
8. Avoid constrictive eye masks and swimming goggles for 24Hr after the treatment.
9. You may experience a mild sensation of pain at the treatment site or headaches.
10. You may take Tylenol for headaches or discomfort, as long as you're not allergic to Tylenol.
11. If your upper lip was treated, you may not be able to drink through a straw, whistle, or enunciate some words for approximately 2 weeks.
12. Although rare, infection in the injected area is possible. Signs of infections may include redness and tenderness in the injected area and fever. Should you develop an infection, antibiotics may be necessary. Please contact us should you have any concerns.
13. Bruising in the area injected is normal although rarely occurs, especially if treated around the eyes. Bruising can last up to several days. Using/taking Arnica may help diminish bruising.
14. A follow-up visit is suggested after 2 wks to assess results for subsequent treatments, particularly if you are a first-time client. If full correction is not achieved, we will provide a complimentary touch up of up to 10 units.

If you have any immediate concerns or questions, Please contact us immediately at 1 (587) 306-5318