



💡 Botox Treatment Care Instructions

(Pre- and Post-Procedure Guidelines)

📅 Before Your Botox Appointment

1–2 Weeks Before

- ☐ Avoid blood-thinning medications/supplements (aspirin, ibuprofen, fish oil, vitamin E, ginkgo, etc.) unless prescribed.
- ☐ Do not schedule dental work or vaccinations within 1 week of treatment.
- ☐ Inform your provider if pregnant, breastfeeding, or with neurological conditions.

3–5 Days Before

- ☐ Stop alcohol consumption.
- ☐ Avoid strenuous exercise 24 hours before treatment.
- ☐ Skip facials, peels, or laser treatments in the treatment area.

Day of Treatment

- ☐ Arrive with clean skin (no makeup, lotions, sunscreen).
- ☐ Eat a light meal beforehand.
- ☐ Bring a list of current medications.

🌿 After Your Botox Appointment

First 4–6 Hours

- ☐ Stay upright; avoid lying down or bending forward.
- ☐ Do not touch, rub, or apply makeup to treated areas.
- ☐ Avoid strenuous exercise.

First 24 Hours

- ☐ Avoid alcohol and blood-thinning medications (unless prescribed).
- ☐ Skip facials, massages, saunas, hot tubs, tanning beds.
- ☐ Mild redness or swelling is normal.

First Week

- ☐ Bruising may occur; use cold compress gently if needed.
- ☐ Results appear in 3–7 days, full effect at 2 weeks.
- ☐ Avoid additional cosmetic procedures until cleared by your provider.

When to Contact Us

Call the clinic immediately if you experience:

- Severe pain or headache
- Vision changes
- Difficulty swallowing or breathing
- Significant swelling or allergic reaction

Follow-Up

- ☐ Schedule a follow-up in 2 weeks to assess results.
- ☐ Botox typically lasts 3–4 months; regular treatments maintain results.