

BOTOX PRE AND POST CARE

Pre Care:

- Do not drink alcohol for one week before appointment to minimize bruising and excessive bleeding
- If you have a history of cold sores, please let your provider know.
- Avoid blood thinners or discontinue use prior to and after treatment, this includes NSAID (aspirin & motrin), Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A & E
- Discontinue Retin-A 2 days before and 2 days after treatment
- If you would like to minimize bruising after treatment please consider these options:
 - Homeopathic Arnica ointment or pill form
 - Good nutrition and fresh fruit consumption (pineapple and papaya recommended)

Post Care:

- Keep head upright; **do not** lie down or bend over for 4 hours after injection
- Do not RUB or MANIPULATE treated area for 4 hours after treatment, this can lead to diffusion or spread of product to unwanted areas causing undesired effects
- Cleansing/showering is okay but avoid facial massages
- Avoid alcohol and exposure to UV and extreme heat
- Avoid wearing tight caps or garments in the area that has been injected
- To avoid infection: wash hands immediately, do not touch your face in areas injected for 6 hours, do not apply makeup for 6 hours unless it is mineral based

Side Effects:

- Bruising at or surrounding injection points; bruising more likely to occur if you regularly take medication that thins blood (aspirin, warfarin, warfarin, plavix, fish oil, vitamin E, NSAID, garlic, ginseng, or ginkgo biloba)
- Little tiny bumps around injection points (resemblance similar to mosquito bites) this should subside a few hours after injections
- Slight headaches are common if this is your first treatment ever, it is okay to take ibuprofen or advil to relieve.

Contact us..

- if you develop side effects such as dry eye, droopy eyelids, heavy eyebrows
- if you are worried in anyway or if any other side effects occur that you think are important

If you have any questions, please call 808-927-2247 if you believe you are experiencing an allergic reaction or infection please seek medical advice as soon as possible