



Before & After Instruction Form for Botox

Before Botox Treatment Instructions

Please inform us if you are pregnant, breastfeeding or under 18 years of age as products used for the following treatments may not be appropriate

- Avoid alcoholic beverages and green tea.
- Avoid any substances that affect platelet function, such as aspirin, non steroidal anti-inflammatory drugs (e.g. Advil, Motrin), and supplements of fish oil, vitamin E and St John's Wort. These substances may increase the risk of bruising and bleeding at the injection site.
- Avoid waxing, bleaching, tweezing or hair removal creams in the area of treatment.
- Avoid makeup the day of treatment.
- Talk with your doctor if you have a history of herpes viral infection (eg. cold sores) as injection treatment can lead to the reactivation of herpes viral infections.

After Botox Treatment Instructions

- No lying down or bending for **4 hours** following treatment.
- No touching of the area for **4 hours** following treatment.
- No alcohol or ASA for 24 hours.
- No active exercising, avoid active sweating for 24 hours after the procedure.
- Avoid chemical solutions such as facial cleansers for 24 hours after the procedure.
- Aim to sleep on your back (avoid sleeping on your stomach or sides)
- Treatment effect may take 3-8 days to appear.
- May use ice for swelling if required.

The benefits may last 3-6 months, the average is 4 months

- A touch-up may be necessary in 2 weeks. This can be assessed at the 2 week follow up appointment.

"Ageless Medical Injections"