

# WRINKLE RELAXER INJECTIONS (Botox, Xeomin, Dysport, Jeuveau)

## PREPARATION FOR YOUR INJECTION

- Avoid blood-thinning medications for a couple of days prior such as Ibuprofen, Aleve, and supplements including St. John's Wort, Ginkgo Biloba, primrose oil, garlic, ginseng, and Vitamin E.
- If you are on a medically indicated blood thinner stay on it, but consult with your provider ahead of time or day of the procedure
- Do not drink alcoholic beverages on the day of the procedure.
- Arrive with a clean face, please wash your face prior to your appointment
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another eruption of cold sores. Please start your anti-viral medication 3 days prior to your injection and let your physician assistant know if you are prone.
- Do not use Botox if you are pregnant, are allergic to any ingredients, or suffer from neurological disorders.

## POST INJECTION CARE

- Do not lie down for 4 hours following your treatment.
- Avoid any massage or pressure to treatment area/s, as this may alter the placement of the drug.
- If you would like to reapply makeup, do so gently over the treatment area/s.
- Do not wear a hat or visor for 4 hours post-treatment, if the forehead was treated.
- Refrain from flushing/sweating and heavy exercise for 24 hours. Avoid saunas and hot tubs for 24 hours.
- Contract and release the treated muscles every few minutes over the next hour.
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## PLEASE CONTACT US IMMEDIATELY (PHONE NUMBER) IF YOU:

- **Have severe or increasing pain**
- Have fever and/or chills
- Have discolored blotches in areas not injected
- Have blanching of injected areas
- Notice the area appears red and/or hot to the touch
- Scabbing at the area