



## **PATIENT INFORMATION HANDOUT FOR BOTOX INJECTION**

### **Cosmetic Treatment with Botox®**

#### **BEFORE TREATMENT**

- Avoid aspirin (e.g. Excedrin), vitamin E, St. John's wort or other supplements that contain garlic, ginseng, ginkgo, evening primrose oil or feverfew for 2 weeks prior to the injection
- Avoid ibuprofen (e.g. Motrin, Advil) and alcohol for 2 days

#### **AFTER TREATMENT**

- Do not massage the treated area on the day of treatment
- Do not lie down for 4 hours after the treatment
- Do not apply heat to the treated area on the day of treatment
- Avoid activities that result in facial flushing on the day of treatment, including hot tub or sauna use, exercising, tanning and the consumption of alcohol
- Gently apply a cool compress or wrapped ice pack to the treated areas for 15 minutes every few hours as needed to reduce discomfort, swelling or bruising up to a few days after treatment
- Use of *Arnica montana* via the oral route or topical applications may help reduce bruising and swelling when used after treatment
- Botulinum toxin treatment effects take about 1-2 weeks to fully develop and last approximately 3 to 4 months
- If 1 to 2 weeks after treatment you require a touch-up, please contact the office