



Botulinum Toxin A Pre-Treatment Instructions

- **Avoid** taking aspirin, ibuprofen, Motrin®, Aleve® (and/or other non-steroidal anti-inflammatory medications) St. John's Wort, omega 3 fatty acids (fish oil), and vitamin E supplements for 5 days prior to treatment to reduce risk of bruising or bleeding at the injection site.
- **Avoid** alcohol 24 hours before treatment. This will also reduce risk of bruising or bleeding.
- Arrive at your appointment with a clean face, if possible.
- **Ask** about any upcoming procedures before your appointment including but not limited to: any surgeries and tattoo or permanent make up.

Botulinum Toxin A Post-Treatment Instructions

- **Do NOT** lay down, rub the area treated, or perform any vigorous exercise for at least 4 hours after the treatment.
- **Avoid** taking aspirin, ibuprofen, Motrin®, Aleve® (and/or other non-steroidal anti-inflammatory medications) St. John's Wort, omega 3 fatty acids (fish oil), and vitamin E supplements for 5 days after the treatment to reduce risk of bruising or bleeding at the injection site.
- **Avoid** use of Retin-A or similar products for 2 days after treatment to avoid irritation. Other things that have been known to contribute to irritation include alcohol, caffeine, spicy foods, cigarettes.
- Keep the treated area clean by avoiding make up or hats until the next day, if possible.
- **Ask** when you can resume other cosmetic treatments such as lasers, peels, microdermabrasion, or facials.
- You will not see results for up to 7 days and the maximum effect will take place within 2 weeks. Schedule your 2 week follow up appointment. The average treatment typically lasts 3-4 months.