Botox: Pre- & Post- Treatment Instructions

# Pre-Treatment Botox

* Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising)
* Avoid anti-inflammatory/blood thinning medications, if possible for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John’s Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections
* Schedule your [Dermal Filler](https://www.lasercarespecialists.com/cosmetic/dermal-fillers/) and [Botox](http://botox/) appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. Results from the Dermal Filler and Botox injections will take approximately 4 to 7 days to appear. Also bruising and swelling may be apparent in that time period. Sculptra does take longer to see results so plan accordingly with your provider.
* Discontinue Retin-A 2 days before and 2 days after treatment.
* Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area.
* If you have a history of cold sores please let your provider know, they may put you on an anti-viral medication prior to treatment.
* You are not a candidate if you are pregnant or breastfeeding.

# Post-Treatment Botox

* Do NOT manipulate the treated area for 3 hours following treatment. Do NOT receive [facial](https://www.lasercarespecialists.com/cosmetic/cosmetic-surgery/)/ [laser](https://www.lasercarespecialists.com/cosmetic/body-treatments/) [treatments](https://www.lasercarespecialists.com/cosmetic/body-treatments/) or [microdermabrasion](https://www.lasercarespecialists.com/cosmetic/aesthetician-services/) after Botox injections for at least 10 days. Ask your provider if you are not sure about the time frame of certain services.
* Some providers believe that smiling and frowning right after Botox treatments helps the Botox find its way to the muscle into which it was injected after treated.
* Do NOT lie down for 4 hours after your Botox treatment. This will prevent the Botox from tracking into the orbit of your eye and causing drooping eyelid.
* It can take approximately 4 to 7 days for results to be seen. If the desired result is not seen after 2 weeks of your treatment you may need additional Botox. You are charged for the amount of product used. Therefore, you will be charged for a product used during any touch-up or subsequent appointments.
* Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 6 hours after treatment. This will keep the Botox in the injected area and not elsewhere.

Call/text (919-417-5455) or email ([drspector@chrysalismedcentre.com](mailto:drspector@chrysalismedcentre.com)) immediately with any questions or concerns as soon as they arise.