



## **BOTOX PRE & POST TREATMENT INSTRUCTIONS**

### **PRE – TREATMENT INSTRUCTIONS**

- Three days before treatment- Avoid topical products such as Tretinoin, Retinoids, Glycolic acid, Alpha hydroxyl acids, Anti-ageing products.
- AVOID waxing, bleaching & tweezing in area to be treated.
- AVOID blood thinning agents.
- NO Alcoholic beverages 24 hrs. before to avoid extra bruising.
- Inform your physician if you have h/o Perioral herpes to receive advice on AVT prior to treatment.
- Do not use BOTOX if you are pregnant, breastfeeding or any neurological disorder.

### **POST – TREATMENT INSTRUCTIONS**

- DO NOT rub, manipulate or place excessive pressure on the area that has been injected with the Botox solution. This can result in migration from the targeted muscle.
- DO exercise the muscle that has been injected with the Botox solution for 4 hours after the procedure (eg. Practice frowning, raising your eyebrow & squinting). This helps to work BOTOX into your muscle.
- DO NOT lie flat or move into a forward bending position for 4 hours after the procedure. Lying down (as for a nap) can cause the solution to migrate from the targeted muscle and lead to complications. STAY in a vertical position.
- Although some patients may experience treatment effect in 48 to 72 hours, most patients do not notice full treatment effect for 7 to 14 days following the treatment. Should you desire additional treatment, a 30-day wait is desirable.
- Although extremely rare, allergic reaction to Botox serum can occur. If you experience EXTREME skin redness, swelling or rash, or SEVERLY swollen or puffy eyes, or SEVERE headache, you may be allergic to Botox serum or you may have developed antibodies to the

botox serum from previous treatment. You MUST call the clinic immediately and be seen by the physician or go directly to your closet emergency room to confirm the reaction as allergic as well as be treated.

- Be gentle when cleansing your face, applying make up for first few days.
- AVOID strenuous activities (GYM).
- AVOID extended sun exposure.

After treatment, if you have any questions, concerns or experience any problems, please contact our clinic at 9871217300, 0124-6614282