

PRE-CARE INSTRUCTIONS

BOTOX & DYSPORT

OVERVIEW

We can't wait to treat you at your upcoming Botox/Dysport appointment! There are just a few things to be mindful of before being treated, though. Avoid anti-inflammatory medications, Aspirin, and alcohol, and have a freshly washed set of bedding ready before your appointment. Please follow these instructions for best results.

ACCESS THE ONLINE INSTRUCTIONS HERE



PRE-CARE CHECKLIST:

7 DAYS PRIOR

Avoid Anti-Inflammatory Medication

Avoid aspirin, Ibuprofen, naproxen, and other non-steroidal anti-inflammatory medications, or supplements which may thin your blood (i.e. vitamin e, fish oil, St. John's Wort, etc.) for 7 days before treatment. These agents may increase the risk of bruising and bleeding. Tylenol is ok.



PRE-TREATMENT

Set Realistic Expectations

Talk with your treatment provider to make sure you are a good candidate and set realistic expectations.



2 DAYS PRIOR

Avoid Alcohol

Avoid alcohol for 48 hours before your treatment and caffeine on the day of your treatment.



3 DAYS PRIOR

Avoid Aspirin

Avoid aspirin and other non-steroidal anti-inflammatory medications, St. John's wort, and high doses of Vitamin E supplements for 3 days before and after treatment. These agents may increase the risk of bruising and bleeding at the injection site.



DAY OF

Fresh Laundry

Post injection, ensure that your pillowcase, bedding and anything else your face may have contact with is clean and freshly laundered.





DAY OF

Keep Upright

Keep upright for the first 4 hours.



FOR 3 DAYS AFTER

Expect Swelling & Redness

When making plans for the first 48-72 hours post injections, understand the possibility of swelling, redness, and bruising.

