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## **Botox™ Cosmetic Pre and Post Treatment Instructions**

What you should know **BEFORE** your treatment with Botox™ Cosmetic:

1. Botox™ Cosmetic is a safe, FDA approved treatment used for the purpose of softening the lines, which form in the upper face from muscle use. Dynamic lines that become apparent when the muscles are in use are softened because the muscles relax after they are treated with Botox.
2. Prior to treatment, you will have a consultation with a medical provider, and the areas for treatment will be discussed. Care is taken to map the safest injection sites, and a white pencil will be used to mark the sites.
3. Conservative treatment is performed at the first appointment, with the understanding that more Botox™ can be administered at your follow-up visit to achieve desired results if necessary, without the risks of side effects.
4. Bruising at the site of injection is a commonly reported side effect. To minimize the risk of bruising, please abstain from all blood thinners, aspirin, anti-inflammatory medication, Vitamin E, Green Tea and Fish Oil for a week before treatment. Check with your prescribing physician to ensure the safety of withdrawing this medication temporarily for cosmetic treatment. Prior to, and immediately following your injections, ice may be used to minimize the risk of bruising.
5. Tiny insulin-type needles are used for each injection site, and very minimal discomfort is experienced.

What you should know **AFTER** your treatment with Botox™ Cosmetic:

1. Avoid lying down for at least 4 hours after your injections.
2. Avoid activities that may encourage vasodilatation the day of treatment. This includes heavy aerobic activity, hot showers/baths, and consumption of alcohol.
3. Do not massage the areas of injection.
4. Makeup may be applied shortly after treatment unless otherwise instructed. Apply makeup gently, avoiding rubbing of the injection area.
5. The treatment area may be gently washed a few hours after treatment, avoiding aggressive scrubbing or rubbing.
6. Sunbathing, or excessive UV exposure should be avoided until the redness or swelling have subsided.
7. Immediately report any worsening or persistent symptoms or side effects to our office.
8. Common side effects of Botox™ Cosmetic include headache, nausea, redness and/or tenderness at the injection site. Though measures are taken to avoid temporary eyelid droop, occasionally a patient may still experience this. In the rare event that this happens, please contact your provider.
9. The results of Botox™ Cosmetic are typically seen in 4-14 days and can last up to 4 months.

Your follow up appointment is a very important time for us to meet. Please ensure that you plan to return to the office approximately 2 weeks following your initial injection date.

**Thank you for entrusting your care with us. Your referrals are greatly appreciated.**