



Pre-Treatment Instructions- Botox/Dysport

- To reduce chances of bruising, please avoid the following for 7-10 days prior to your visit: aspirin, non-steroidal anti-inflammatory medications (NSAIDs), Celebrex, supplements with vitamin E, fish oil, and other herbal supplements (such as ginkgo, garlic or ginseng).
- You may experience a mild headache following your treatment.
- To aid in faster recovery, take Arnica capsules prior to and after the procedure (these can be found over the counter in the natural supplement section).
- Cosmetic injections may cause swelling and bruising. Most episodes are very mild and resolve shortly.

Post-Treatment Instructions- Botox/Dysport

- Avoid hot baths, saunas, steam rooms, whirlpools, and hot yoga for 24 hours after treatment. Showers may be taken, as long as they're not too hot.
- Avoid lying down, exercise, bending over, yoga, etc. for 2 hours post treatment.
- You may apply makeup and use your daily skin care regimen after your treatment.
- You should expect to see the neurotoxin's full effect from 3 days up to 2 weeks. The effect lasts an average of approximately 3 months (depending on your muscle strength and how you metabolize the product). Patients with strong muscles may need to be retreated before 3 months to keep their muscle activity suppressed.
- We recommend waiting 5 days before doing a Facial or other skin treatment.
- **If you have any concerns or questions, please don't hesitate to call our office at 585-905-3414.**