



BOTOX PRE/POST CARE

Ana Greenberger, N.P.

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Pre-Treatment for Neurotoxin (*Botox, Dysport, or Xeomin*)

- ✓ Do NOT apply makeup or skincare products before your appointment. The provider will need to see the treatment area in its natural state. If any is applied before your appointment, it will be removed.
- ✓ Do NOT take NSAIDS (ibuprofen, Advil, Motrin, etc) 3 days prior to your appointment. This can increase the chances of bleeding and bruising.
- ✓ Do NOT have any dental work 2 weeks prior to your treatment.
- ✓ Do NOT exfoliate, receive facials, or laser treatments 1 week prior to your appointment unless directed otherwise by your provider.
- ✓ Discontinue use of Retinols, BHA's/AHA's, or any other exfoliating acids for the skin 3 days prior to your appointment.
- ✓ Please speak to your General Care Doctor prior to discontinuing use of prescription blood thinners.
- ✓ Please note that excess amounts of garlic, fish oil, and alcohol increase the likelihood of bleeding, bruising, and swelling when receiving injections. It is recommended to limit or discontinue use 3 days prior to your appointment.
- ✓ If you are susceptible to bleeding and bruising, it is recommended to take Arnica tablets as directed on the bottle for 1 week prior to your appointment.





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Post-Treatment for Neurotoxin (*Botox, Dysport, or Xeomin*)

- ✓ Do NOT manipulate the treated area for 3 hours following treatment.
- ✓ Do NOT exfoliate, receive facials, or laser treatments after your injections for at least 10 days. Ask your provider if you are not sure about the time frame of a specific service.
- ✓ Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 24 hours after treatment.
- ✓ Do NOT lie down for 4 hours after your treatment. This will prevent the Neurotoxin from tracking into the orbit of your eye and causing drooping eyelid or brow drop.
- ✓ Do NOT have any dental work 2 weeks after your treatment.
- ✓ It is safe and recommended for you to use your facial muscles (smiling, squinting/furrowing your brow, raising your brows, etc.) immediately after your treatment to help the Neurotoxin find its way to the muscle into which it was injected after treated.
- ✓ It can take up to 4-7 days for results to begin to form. If the final result is not to your liking after 2 weeks of your treatment you may need additional units for your desired results. You are charged for the amount of product used. Therefore, you may be charged for a product used during any touch-up or subsequent appointments.

Please contact the office if you have any questions or concerns.

