

Pre-/Post-Instructions for Botox Injections:

Before Procedure

1. **Avoid the following 2 weeks prior to your Botox treatment as they can cause thinning of your blood and increase your chances of bruising:**

- NSAIDS/Pain Relievers (such as ibuprofen, naproxen, etc), Prednisone, Aspirin, Coumadin or any other blood thinners
- Supplements such as fish oil, vitamin E, garlic, ginko, glucosamine and St. John's Wort

However, if these medications were prescribed by a doctor, DO NOT stop your medication without permission from that health care provider.

2. **Avoid alcohol 48 hours prior to your Botox** appointment because it can thin your blood and possibly make bruising worse.

3. Please tell your physician if you have :

- Any neuromuscular diseases (such as myasthenia gravis)
- Been taking any antibiotics
- Become pregnant or if you are breastfeeding
- An allergy to albumin (eggs)

Day of Procedure

- Headaches are the “sine qua non” of Botox therapy, indicating that the toxin is working. After the procedure, it is not uncommon to experience a “headache” sensation, which usually subsides a few hours after the procedure.
- Keep your head elevated for 6 hours after the procedure to prevent the toxin from migrating.
- You should try to “exercise” the areas that were injected by frowning and smiling for 2 hours after the procedure.
- You should see the effects of the injections within 1-2 weeks.
- Do not massage the area injected.

**Call the office if you have any questions or concerns regarding the Pre-/Post-Care Instructions listed above.*