



## 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 possible make bruising worse.
3. Please tell your physician if you have:
  - Any neuromuscular disease (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. \*\***