

COSMETIC BOTULINUM INJECTIONS

Pre-Post Treatment Instructions

Pre-Treatment Instructions:

Rarely, bruising can occur at an injection site on the day of treatment. Usually this resolves in 1-2 days. To help prevent bruising, avoid blood thinning foods and medications prior to treatment. (Never stop a medication or supplement prior to consulting with your prescribing physician.)

To help reduce the risk of bruising:

- Avoid items such as Aspirin, Vitamin E, St. John's wort, ginkgo, evening primrose oil, garlic, feverfew, and ginseng for about one week prior to injections, if possible.
- Avoid Ibuprofen (Motrin, Advil) and red wine for about two days prior to injections, if possible.

Come to your appointment with a cleanly washed face.

Post-Treatment Instructions:

After treatment, unwanted migration of Botulinum Toxin could cause an undesirable cosmetic result or a temporary localized complication.

For 24 hours after treatment:

- No massage to the treated areas of the face
- No tummy sleeping or face-down massage
- No applying heat to the treated areas of the face
- No activities that cause facial flushing including consuming alcohol, exercise, and tanning

Gently apply a cool compress or wrapped ice pack to the treated areas for 15 minutes every few hours, as needed, to resolve any discomfort, swelling, or bruising.

Oral Sinecch and/or topical Arnica Montana may help improve bruising or swelling if it does occur.

Bumps at the site of injection are normal immediately after injection. This is because Jeuveau/Botox is laying under the skin waiting to be absorbed by the muscle. These bumps go away about 30-40 minutes after treatment.

Be aware, Botulinum Toxin injection results are typically seen 2-3 days post-treatment, but it may take up to 2 weeks for the treatment to completely set up.

If at 2 weeks post treatment you feel a touch up might be required, please call us at 603.232.3448 for a follow-up appointment.

Treatments are usually effective for about 3-4 months.