



Botox Pre-Treatment Care

- Do not consume alcoholic beverages for at least 24 hours prior to treatment (alcohol may thin blood and increases risk of bruising)
- Avoid anti-inflammatory/blood thinning medications, if possible for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Schedule your Botox appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. Results from the Botox injections will take approximately 4 to 7 days to appear. Discontinue Retin-A (tretinoin) 2 days before and 2 days after treatment.
- Do not treat if you have a rash, cold sore or blemish on the area for at least 1 week after it clears up.
- If you have a history of cold sores please let your provider know, they may ask you be on an anti-viral medication prior to treatment. If so, please contact your primary care physician.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
- You are not a candidate if you are pregnant or breastfeeding.

Botox Post-Treatment Care

- Do NOT manipulate the treated area following treatment.
- Do NOT lie down for 4 hours after your Botox treatment.
- Avoid prolonged sun exposure (e.g. tanning, sun bathing, etc.)
- Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 24 hours after treatment.
- Do not consume alcoholic beverages for 24 hours.
- Avoid anti-inflammatory/blood thinners, as stated above.
- If considering laser treatments, chemical peels or any facials please allow 7-10 days after Botox treatment.

DISCLAIMER: If the desired result is not seen after 2 weeks of your treatment you may need additional Botox. Therefore, you will be charged for product used during any touch-up or subsequent appointments.

Please call our office during normal business hours if you have ANY questions or concerns: (718) 505-2737.

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