



Botox/ Dysport Pre and Post-Procedure Instructions

BOTULINUM TOXIN PRE-PROCEDURE INSTRUCTIONS

1. For optimal results and to decrease the chance of bruising at the injection site, please avoid all blood thinning medications and supplements for 1 week prior to your botulinum toxin appointment. Avoid taking Aspirin and non-steroidal anti-inflammatory medications (NSAIDS) such as such as Ibuprofen, Motrin and Aleve. In addition, very high doses of some Vitamins and supplements can thin your blood and increase the chance of bruising. Please notify your provider if you are taking Coumadin, Plavix, or any other blood thinners for a medical condition.
2. You may not be pregnant or nursing.
3. During your treatments, notify our staff of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

BOTULINUM TOXIN POST-PROCEDURE INSTRUCTIONS

1. Try to exercise your treated muscles for 1-2 hours after treatment (practice frowning, raising your eyebrows or squinting). This helps to work botulinum toxin into your muscles. Although this is thought to help, it will **NOT** impact your treatment negatively if you forget to do this.
2. **DO NOT** rub or massage the treated areas for 4 hours after your treatment. **DO NOT** do strenuous exercise for 4 hours after treatment. Also **AVOID** facials or saunas for 4 hours after your treatment. This will minimize the risk of raising your blood pressure and therefore minimize the risk of temporary bruising. Feel free to shower and go about most other regular daily activities.
3. **DO NOT** lie down for 4 hours after treatment. This is to avoid the risk of pressure on the treated areas (from your pillow) and to avoid the risk of having the area rubbed accidentally.
4. Be assured that any tiny bumps or marks will go away within a few hours. If you need to apply make-up within 4 hours after treatment, only use a **GENTLE** touch to avoid rubbing the treated area.



5. Results of your treatment may take up to 14 days to take full effect. Please wait until the 14 days has passed before assessing if you are pleased with the result.

6. MOXXI would like to see you for a 2 week follow up assessment appointment. This will ensure we are able to see how your facial muscles reacted to your treatment. If you require more product to fine tune/adjust your treatment results, it will be applied during this appointment at an additional cost. For medical reasons, your results will be photographed and documented in your confidential patient file.

7. Because botulinum toxin requires a special technique in order to customize the injections to your individual muscular structure, it is important that your muscle actively recovers BUT that your skin is not creasing to the point from where you started.

8. Botulinum toxin is a temporary medication, and you may find that your treatment results will last approximately 3-4 months. To maintain the effects of botulinum toxin, we would like to see you within that timeframe. Please ensure you schedule this appointment before you leave today.