

Botox/Dysport Wrinkle Releasers Pre-& Post-Treatment Instructions

Pre-Treatment Instructions:

- 24 hours before: Do not drink alcoholic beverages to avoid extra bruising.
- 3 days before treatment:
 - AVOID topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, or other anti aging products.
 - AVOID waxing, bleaching, tweezing or the use of hair removal creams on the area to be treated.
- 7 days before treatment (to help prevent bruising):
 - AVOID blood-thinning over-the-counter medications such as ASA/Aspirin, Motrin, Advil/Ibuprofen and Naproxen/Alleve.
 - AVOID herbal supplements, such as Garlic, Ginseng, Vitamin E, Ginkgo Biloba, St. John's Wort and Omega-3 capsules.
- 14 days before: AVOID: chemical peels, micro-dermabrasion, or laser treatments
- Inform Dr. Brooks/ Nurse: Kara/ Nurse: Amanda if you have a history of Perioral Herpes (Cold Sores). They will recommend you see your family doctor to receive advice on antiviral therapy before your cosmetic treatment, as they can't treat an inflamed area.
- Do not use Botox/Dysport if you are pregnant or breastfeeding, suffer from any neurological disorders, or are allergic to any of the ingredients (botulinum toxin A, human albumin, sodium chloride, or lactose/ cow's milk protein).
- Please inform Dr. Brooks/ Nurse: Kara/ Nurse: Amanda if you have any questions before your cosmetic treatment.

Day of Treatment:

- Please arrive to the office with a clean face, or arrive early and be prepared to wash your face at the office (You may apply makeup the next day).
- You will be asked to read a consent form before treatment takes place, you may opt out at any time.
- You may experience a mild amount of discomfort or a stinging sensation following an injection.
- Redness and swelling are normal.
- There may be some tenderness at the treatment site(s) that can last for a few hours or a few days. You may develop bruises in the areas treated.

Immediately After Treatment:

- It is best to try to move your treated muscles for 1-2 hours after treatment (examples: frowning, raising your eyebrows, and squinting). Some studies show these actions will help the Botox/Dysport to work into your muscles.
 - Stay in an upright position for 4 hours following an injection. DO NOT rest your head, or lie down. Sit in a vertical position.
 - You may apply an ice pack or cool gel pack to the areas treated.
 - Wait to apply make up the next day (if you have any pinpoint bleeding, wait until it has stopped).
 - AVOID heavy pressure on the treated areas for the first few days. When cleansing your face or applying your makeup, be very gentle.
 - AVOID exercise or strenuous movements for the remainder of the treatment day; you may resume your other usual movements immediately.
 - You may take Acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
 - AVOID hot environments like saunas /extended UV exposure until any redness/swelling has passed. Be sure to apply an SPF 30 or higher sunscreen. Grab an Alumier sunscreen sample from our office to try, if you need one.
 - Wait a minimum of 24 hours (or as directed) before receiving any skin exfoliation, resurfacing, or laser treatments.
- Please do not hesitate to call our office at (403) 487-0460 if you have any questions or concerns.