



## BOTOX

### PRE & POST TREATMENT INSTRUCTIONS

#### Pre-care instructions:

- One week prior to your treatment, avoid using medications and supplements such as NSAIDS (non-steroidal anti-inflammatory medications, e.g., aspirin, ibuprofen, naprosyn), St. John's Wort, Ginkgo Biloba, and HIGH dosed of Vitamin E or Fish oil supplements. These agents may increase bruising, swelling and bleeding at the injection sites. You may take Tylenol instead. **NOTE: Stopping any prescribed medication should be undertaken only if your medical condition permits, per your treating physician's approval.**
- Avoid Alcoholic drinks at least 24 hr before treatment (Alcohol may thin the blood increasing risk of bruising).
- To reduce possible bruising you may take Arnica Montana Sublingual Tablets (5 pellets under the tongue 3 times a day) for at least 2 to 3 days prior to treatment. Continue to take Arnica Montana for 3 to 4 days after treatment.
- Please inform your treating Clinician about any future events, parties, auditions, Television/Film shoots, etc., you may need to attend. Due to the potential for bruising, it is best to avoid treatment if your event falls within 72 hours of your appointment. It is best to reschedule your procedure until after you have attended your event.
- Inflamed and sunburned skin is difficult to treat, so avoid irritants, harsh chemicals, mechanical trauma, and exposure to the sun. Always use Sunblock with SPF 45 or greater throughout your treatment course as a good habit to foster.
- During the course of your treatments, notify your treating Clinician of any changes to your medical history, health status, or personal activities that may be relevant to your treatment. You must be in good health with no active skin infections in the areas to be treated.
- Please notify your treating Clinician of any potential allergies to the toxin ingredients, or to human albumin (found in egg or egg products), previous allergy or reaction to Botox or an active infection in treatment area. Medications which are contraindications to receiving Botox include: aminoglycoside antibiotics (e.g., Gentamycin, Tobramycin), anticholinergic medicines (e.g., oxybutynin, scopolamine), acetylcholinesterase inhibitors/parasympathomimetic medications (e.g., neostigmine, succinylcholine), lincosamides (e.g., Clindamycin), magnesium sulfate, muscle relaxants (eg, cyclobenzaprine), polymyxins, quinidines, or sleep medications (eg, zolpidem) as they may potentiate BOTOX, and increase the risk of side effects.
- Avoid products/treatments that boost metabolism (e.g., diet pills) for one week prior to and one week after treatment.
- It is a good idea to have something to eat before coming in to decrease chances of lightheadedness during your treatment, and best to avoid caffeine for more comfort.
- Please kindly arrive to your appointment with a cleanly washed face without make-up.

#### Post Care instructions:

- You **MUST** remain upright for 4 hours after your injections. Positions such as lying down or bending forward may cause the BOTOX solution to migrate away from the intended muscle target and potentially lead to complications e.g., Ptosis (eyelid droop).
  - Avoid rubbing or manipulation of the treated area(s) for 3 hours following treatment (No *massages-pressure to face, facials, or constricting hats, headbands, etc.*), as it may result in migration of BOTOX away from the targeted muscle.
  - **NO** straining, heavy lifting, vigorous exercise is advised for 12 hours after the treatment. *Studies have shown that it takes a few hours for BOTOX to begin to bind itself to the nerve terminal, hence it is best not to increase circulation to that area, as it may dilute the Botox away from the injection site.*
  - Be assured that any tiny bumps or marks will go away within the hour to a few hours.
  - Makeup can be applied gently (without rubbing or excessive pressure) before leaving the clinic, however irritants such as Retin-A, Glycolic acid, Vitamin C, salicylic acid products and cosmeceuticals are best avoided in treated areas for at least 24 hours.
  - You may apply cold compresses to the treatment areas, topical Arnica or Vitamin K creams, or take oral Arnica Montana or oral Bromelain supplements/fresh pineapple juice for swelling and bruising for three days following the procedure.
  - Though there are no definitive studies, some practitioners advocate exercising facial muscles a few times an hour for 4-8 hours after treatment (e.g. Smiling, frowning, raising eyebrows, or squinting) to help stimulate the binding of the toxin to these localized areas.
  - Avoid high, direct heat (saunas/steam rooms, blow dryers, hot showers, hot yoga, strenuous exercise, direct sun exposure, etc.) for 24 hours after treatment. Avoid vigorous scrubs, exfoliation or facials in the area of treatment for 72 hours. Light, Laser and Radiofrequency procedures can be performed one week after BOTOX treatment.
  - It can take from three to ten days, peaking at 2 weeks, to see the full effect of BOTOX treatment. If a second BOTOX injection session is desired, we recommend waiting the full 2 weeks for adjustments so we can allow the full effect of BOTOX to take place.
  - With most patients, the benefits of Botox last approximately 3-4 months, with effectiveness lasting longer (up to 6 months) with longterm, successive treatments. Botox will have a different effect and duration on each individual, with slightly different effects at each session. **Each patient's own unique biology (e.g., variations between anatomic locations, muscle mass in treatment areas, rate of BOTOX metabolism), will ultimately have an effect on both treatment efficacy as well as treatment duration.**
  - You may return for your next appointment as soon as you begin to notice more movement or dynamic wrinkling than you would normally desire in the treated area (s).
  - Common effects such as mild localized pain, swelling, itching, tenderness, redness or bruising/bleeding at the site of injection may occur, but are temporary. Occasionally, a mild headache can occur, but effects are transient.
- NOTE: If you experience persistent pain or discomfort, significant redness/rash, hives, tense itching, eyelid or facial swelling, eyelid or eyebrow droop, facial asymmetry or any other symptoms that appear out of the ordinary, please notify our medical staff at your nearest Eye Care for the Adirondacks location immediately.**

**If any unusual symptoms occur after-hours, please contact and notify DR. SHALINI KAPOOR, M.D., immediately at (310) 775-3700**

**If you experience a severe allergic reaction or systemic symptoms such as wheezing, feeling faint, difficulty breathing, speaking or swallowing, or dizziness, please dial 911 or seek medical attention at the closest emergency room.**