



Botulinum Toxin Injection Instructions

PRE-TREATMENT

Seven Days Before:

- Avoid NSAID medicines such as Aspirin, Ibuprofen, and Naproxen since they increase chances of bruising. Check medication labels for the *active ingredient*
- Avoid taking these herbal medicines and supplements since they can increase chances of bruising → Dong Quai, Ginger, Feverfew, Ginkgo Biloba, Ginseng, Garlic (high dose), Omega-3 fish oil (3000 mg/day or higher), Vitamin E (high dose).

Three Days Before

- Avoid topical products such as Tretinoin, Retinols, Retinoids, Glycolic Acids, Alpha Hydroxy Acids or other “anti-aging” products
- Avoid waxing, bleaching tweezing or the use of hair removal cream on the area to be treated

24 Hours Before

- Avoid alcoholic beverages to decrease chance of bruising

DAY OF TREATMENT

- It is recommended that you arrive to your appointment with a clean face
 - If possible avoid wearing makeup for the first few hours after the treatment
- You may feel some tenderness or a stinging sensation following the treatment → this may last for a few hours, possibly up to a few days
- Some redness, swelling and possibly bruising may be visible after the treatment

Aegean Medical at Crystal Coast Pain Management & Azura Skin Care Center

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IMMEDIATELY AFTER TREATMENT

- If you are able, try to exercise the treated muscles for the first 1-2 hours after treatment → frowning, raising eyebrows, squinting, smiling, etc.
 - This helps to work the medication into the muscles
- Avoid lying down for the first 4 hours after the treatment
- Do not have a facial, rub or massage the treated area for the first 24 hours
- Avoid activities that cause facial flushing for the first 24 hours
- Avoid alcoholic beverages for the first 24 hours to decrease chance of bruising
- Avoid applying any heat to the treated areas for the first 24 hours
- Gently apply ice (preferably a cool gel pack) to the treated area for 15 min. every hour, as needed, to reduce discomfort, swelling or bruising
- Some people may experience a mild headache after the treatment
 - You may take Acetaminophen (Tylenol) for pain relief
- Oral and/or topical Arnica Montana may help reduce discomfort and bruising
 - These can be purchased at most drug stores, Walmart or Target

GENERAL INFORMATION

- After botulinum toxin is placed in the targeted muscles, the weakening gradually begins to take effect over 3-7 days and is not complete for 14 days
 - If you have any questions or concerns about your results after the 14 days please contact our office
- Initially botulinum toxin will last approximately 2-3 months
 - With continued and consistent treatments the results may begin to last up to 4 months

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