



BOTULINUM (A) TOXIN INJECTION PRE-TREATMENT INSTRUCTIONS

What To Expect During Treatment: Your treatment provider will begin by ensuring treatment areas are clean and free of make-up or other creams. Using fine needles, your provider will inject your selected aesthetic neuromodulator into pre-determined treatment area muscles. **Duration of treatment** is dependent upon treatment location but generally lasts between 15-30 minutes. **You may experience** a slight stinging sensation while each injection is taking place and/or you may experience slight discomfort. **There is no expected downtime** with botulinum toxin treatment. **Multiple treatments may be needed** to achieve desired results depending on treatment goals and current skin condition. **Results are temporary. Maintenance treatments** may be necessary to maintain desired results.

Please review and follow these important instructions prior to your scheduled appointment

Stop Taking/Using/Doing Prior To Appointment:

2 Weeks*	7 Days	3 Days	Day Of
Laser Treatments Light Chemical Peels Hydradermabrasion Microdermabrasion *or until your skin has healed and you're no longer experiencing redness and irritation	NSAIDS (ASA, Ibuprofen Excedrin, Aleve, Naproxen, etc) Herbal Supplements Blood Thinners* Anti-Platelet Meds* *Consult prescribing physician for guidance on stopping these meds	Alcohol and smoking (may contribute to injection site bruising and pinpoint bleedin.)	Come with clean skin. Do not apply makeup, lotion, oil, perfume, or sunscreen

Please DO:

1. Arrive to appointment with treatment areas clean. Cleanse face/treatment area prior to your procedure and do not wear make-up, moisturizers, lotion, oil, perfume, or sunscreen to treatment area the day of your appointment.
2. There is no expected downtime; you can return to work after treatment. If you're planning to attend an event, please schedule treatment at least 2 weeks prior to ensure adequate time for bruising and swelling to dissipate.
3. If you have a history of cold sores or shingles, please take your prescribed antiviral treatment for 2 days prior to, and day of, treatment. Please continue full course of treatment as prescribed.
4. If you plan on taking a prescribed sedative at your appointment to help alleviate anxiety, please plan to have a designated care person available to pick you up after your appointment.
5. Expect to experience pinpoint bleeding, bruising, headache, mild swelling and/or slight irritation in treatment area for 1-10 days after treatment.
6. Understand that results may take up to 10-14 days to be seen and that multiple treatments may be necessary to achieve desired results and to maintain desired results.
7. Please call to reschedule if a rash, open sore/wound, sunburn, or blemish develops in treatment area.
8. Plan to avoid exercise, strenuous activity, sauna, and excess heat for the first 24 hours after treatment.

Your Botulinum (A) Appointment is:

M T W T H F S S U

Day (Check one)

/ /

Date

Time

For questions or concerns during office hours, please call: 207-977-4335



BOTULINUM (A) TOXIN INJECTION POST-TREATMENT INSTRUCTIONS

Do NOT:

- 1. Do NOT** massage or apply pressure on the treated area for 24 hours after treatment since Botulinum Toxin (A) may migrate to areas of undesirable effectiveness.
- 2. Do NOT** lie down for 4-6 hours after treatment; also **Do NOT** lean forward repeatedly or for long durations, such as trying on shoes or engaging in activities that require you to bend forward.
- 3. Do NOT** engage in yoga or other rigorous exercise activities, extensive sun or heat exposure, and alcoholic beverages for the 1st 24 hours after treatment. This may cause temporary redness, swelling, and/or itching at the sites of the injection.
- 4. Do NOT** receive facials or visit saunas for 24 hours after treatment. These activities will increase the chance of your blood pressure rising and increase the chance of minor and temporary bruising.
- 5. Do NOT** take Advil, Aspirin, Aspirin containing products, Vitamin E, Ginger, Ginko, Bilboa, Ginseng, and Garlic for 1 week since this may increase the risk of bruising.
- 6. Do NOT** apply Makeup for the first 12 hours after the treatment.

Please DO:

1. Keep your head UPRIGHT for at least 4-6 hrs after injection to help avoid issues of migration.
2. Headaches are common with treatment. You may use acetaminophen and/or apply a cool compress as needed for mild discomfort. *If headaches continue or worsen, contact your physician.*
3. You may apply cold compresses or acetaminophen (Tylenol) to reduce swelling and/or discomfort. Pinpoint bleeding, bumps, and marks at injections sites should resolve within a few hours. There is occasionally some mild pain, swelling, itching, or redness at the site of injection similar to most other injections. Redness at injection sites may last up to 1-2 days.
4. You may shower and do most other regular daily activities.
5. If you experience bruising: Arnica has been shown to decrease the incidence of bruising, pain and swelling after injections. Arnica supplements can be started the day prior to your procedure or the day of and continued afterwards if you develop bruising. These may be stopped once the bruising resolves. Various creams are also available which may be applied before your procedure.

Important Info:

- **Results of your treatment may take up to 14 days to take effect.**
- Botulinum A Toxin produces temporary results. In most people, the results of Botulinum A Toxin can last around 2-3 months. The effectiveness of Botulinum Toxin (A) will gradually fade over this duration and you will see increased muscle movement and fading of treatment results as time progresses over 2-3 months. The effectiveness of Botulinum A Toxin *may* have increasing duration with successive treatments.
- If this is your first treatment, your injector will want to see in 2 weeks for a brief dose adjustment or follow-up.
- For continuing results: schedule your Botulinum Toxin (A) maintenance treatments on a regular basis as recommended by your treatment provider.
- **If you experience increasing redness, irritation, or inflammation, please call for advisement.**

Your Next Appointment Is:

M T W T H F S S U

Day (Check one)

____/____/____

Date

Time

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For questions or concerns during office hours, please call: 207-977-4335

In case of emergency, call 911