



Botox Patient Instructions

Pre-Treatment Instructions:

- 1) Avoid fish oil, vitamin E, and all NSAIDs for 7 days prior to your procedure. NSAIDs include: aspirin, Motrin, ibuprofen, Advil, etc. These medications can increase the risk of bruising. If you have been prescribed one of these medications, consult your doctor before you discontinue it.
- 2) Tylenol will not cause bruising. Unless there is a contraindication for taking Tylenol, it is preferable that you take Tylenol/acetaminophen for management of pain or fever.
- 3) Alcohol is also a blood thinner and should be avoided for 2 days prior to the procedure to minimize bruising.
- 4) If you have a history of perioral herpes simplex virus, your provider will recommend prophylactic antiviral therapy (e.g. 1 gram of Valtrex one hour prior to therapy), to prevent a break out.

Post-Treatment Instructions:

- 1) Do not lie down or bend over for 4 hours after Botox treatment.
- 2) Refrain from vigorous exercise for the rest of the day (walking is acceptable).
- 3) Utilize the injected muscles every 5 minutes for 30 to 45 minutes to enhance Botox absorption and action. Do this by squinting, frowning, and/or lifting the eyebrows (depending on the area treated).
- 4) **Do not massage or manipulate the treated area** on the day or evening of treatment. You may wash your face normally.
- 5) It is not uncommon to experience a headache for a few days after you have had Botox injected in your forehead. Your muscles may be partly contracting and partly weakened as the Botox takes effect, and this can result in some unusual sensations of muscle strain. If you experience a headache, you may take Tylenol/acetaminophen.

Patient Name _____

Patient Signature _____ Date _____