



## WRINKLE RELAXER INJECTIONS (Botox, Xeomin, Dysport, Jeuveau)

### BEFORE

- Avoid blood-thinning medications for a couple of days prior such as Ibuprofen, Aleve, and supplements including St. John's Wort, Gingko Biloba, primrose oil, garlic, ginseng, and Vitamin E.
- If you are on a medically indicated blood thinner stay on it, but consult with your provider ahead of time or day of the procedure
- Do not drink alcoholic beverages on the day of the procedure.
- Arrive with a clean face, please wash your face prior to your appointment
- Do not use botox if you are pregnant, lactating, or are allergic to any ingredients, or suffer from neurological disorders.

### **AFTER- Please follow for optimal results and less risk of complications**

- **Do not lie down for 4 hours following your treatment.**
- Avoid any massage or pressure to treatment area/s, as this may alter the placement of the drug. **Do NOT RUB the area treated vigorously for up to 4 hours**
- If you would like to reapply makeup, do so gently over the treatment area/s.
- Do not wear a hat or visor for 4 hours post-treatment, if the forehead was treated.
- Refrain from flushing/sweating and heavy exercise for 24 hours. Avoid saunas and hot tubs for 24 hours.
- Contract and release the treated muscles every few minutes over the next hour.
- No facials for up to a week after treatment.