



Botox Pre & Post-Care Instructions

Pre-Care Instructions: Contraindications: pregnancy, nursing, or trying to get pregnant. Neurological Diseases including but not limited to Myasthenia Gravis, Multiple Sclerosis, Lambert Eaton Syndrome, Amyotrophic Lateral Sclerosis (ALS), Parkinson's. Allergies to the toxin ingredients, or to human albumin, any active infection, previous allergy or reaction to Botox. Medications which are contraindications to receiving Botox: aminoglycosides, nerve blockers (anticholinesterases, succinylcholine), lincosamides, polymyxins, quinidine, or magnesium sulfate. Avoid any irritant chemical, soaps, lotions to area for the week prior. Please do not wear make-up to your treatment.

Post-Care Instructions:

- Results begin to be noticed after about 2-3 days peaking around 2 weeks.
- Results vary lasting 2-5 months. The average is 3 months.
- Return for your next appointment as soon as you begin to notice movement in the treated area.
- Stay upright for 4 hours (do not bend over or lay down).
- Do not massage the treated area. Avoid facials for 4 weeks after botox injection.
- Exercise the muscle by making facial expressions in that area.
- Redness/swelling is normal for a few hours to days.
- Gently clean the area twice daily with mild soap. Aloe gel can also be used.
- Avoid irritants (glycolics, acid, retinoids, etc.) until all redness/swelling resolves.
- You may apply cool compresses/ice for 15 minutes/4 hour for comfort.
- Make-up may be used as long as skin is not broken or irritated.
- Avoid strenuous exercise and alcohol for 24 hours after treatment.

We will happy to see you at any time after treatment with questions or concerns, but he/she will likely wait until 2 weeks for more Botox injections for adjustments due to the need to wait until all the Botox takes effect. Notify Patricia Zelano, NP immediately if you have any questions, concerns, problems, or warning signs of infection, blistering, scarring. I understand the above and will call immediately with questions/concerns. **Initial** _____