

Pre- and Post-Treatment Instructions: Botox® Neurotoxin

PRE-TREATMENT

- If you have a special event or vacation coming up, please keep in mind that you may want to schedule your treatment at least 2 weeks in advance.
- It is recommended to discontinue the use of Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week before and after treatment to minimize bruising or bleeding. Please consult with your primary physician prior to discontinuing any medications.
- Avoid alcohol and caffeine 24-48 hours before and after your treatments they may increase risk of bruising and swelling.
- If you develop a cold sore, blemish, or rash in the area to be treated we recommend that you reschedule your appointment until it resolves.

POST-TREATMENT

- Contract and release the treated muscles every few minutes over the next hour.
- It can take up to 2 weeks to take full effect. It is recommended to wait the full 2 weeks to allow the Botox time to work before scheduling any touch ups.
- Refrain from vigorous exercise and heavy lifting for 24 hours.
- Do not lie down for 4 hours following your treatment.
- Avoid any massage or pressure to treatment area(s) for 24 hours as this may alter the placement of the product. This includes tight hats and headbands.
- Try to avoid wearing makeup until the day after treatment. If you must wear makeup, please use clean hands, sponges, and brushes.

The treatment may take 2-10 days to take full effect. It is recommended that the touchup, if needed, be done no later than 2 weeks after the initial treatment. Please report to your provider if any increased pain, increased swelling, redness, blisters, or itching immediately, should it occur following your treatment.

CONTACT INFORMATION:

TUES-FRI 11AM-6PM

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