

### BEFORE Treatment Checklist

1. Please keep in mind that if you have a special event coming up, you will want to schedule your treatment at least 2 weeks in advance to allow for healing
2. Stop taking medications that can thin the blood at least four days prior to treatment to minimize potential bruising or bleeding. Taking Tylenol for pain medication is okay. Please consult with your primary physician prior to discontinuing any medications.
  - \* Avoid Aspirin, Ibuprofen, Advil, Excedrin, Motrin
  - \* Stop taking St. John's Wart, Vitamin E, Fish Oil, Ginkgo Biloba, Ginseng, Flax Seed Oil
3. Avoid alcohol, caffeine, Niacin supplement, cigarettes, spicy, high-sugar and high-sodium foods for 24-48 hours prior to your treatment to minimize risk of bruising and swelling.
4. Please discontinue use of any Retin-A products 2-3 days prior to treatment to avoid any increased redness or irritation.
5. If you come down with the cold/flu, a cold sore, blemish or rash anywhere near the desired treatment area, please reschedule your appointment until it resolves.
6. Start taking Arnica tablets if you bruise easily 4 days prior to treatment. Arnica pills can help prevent bruising. Follow the label instructions & continue use for 2 days after injections.  
If you have had any cosmetic treatment with a laser, peel, facial, ultrasound, or micro-dermabrasion, we recommend that you wait at least 2 weeks before having botulinum toxin treatments performed.

### AFTER Treatment Checklist

1. To avoid having the Botox spread into other unintended areas:
  - \* Do not touch, rub, or massage the treated area for 24 hours. Avoid massages or facials.
  - \* **Do NOT lie down for 4 hours after treatment.**
  - \* Avoid physical activity, especially jumping and heavy lifting, for at least 4 hours.
  - \* Do not wear a hat or headband. Avoid anything pushing down on the forehead.
  - \* Avoid hot tubs and saunas as the heat can cause the Botox to spread.
  - \* You can gently cleanse your face before bed, but blot dry, do not rub dry with a towel.
2. To avoid increased risk of swelling, bruising, irritation, or redness:
  - \* Avoid alcohol, caffeine, spicy foods, and cigarettes for 24-48 hours after treatment.
  - \* Avoid use of Retin-A or similar products for at least 2 days after treatment.
  - \* Avoid Aspirin, Motrin, and essential fatty acids for at least 3 days after treatment.
  - \* Avoid wearing any makeup until the day after treatment.
3. Avoid cosmetic treatments such as laser, peels, facials, ultrasound, or micro-dermabrasion for 2 weeks after treatment.
4. If you get a bruise, topical arnica gel or vitamin K gel can help to make it go away faster.
5. Full results typically take 10 days. A touch-up may be needed to tweak your results. If a touch-up is needed, it is recommended that it be done between 10-21 days after treatment.
6. Please report to your provider immediately any increased pain, swelling, redness, itching, or blisters should they occur after your treatment.