

## Before and After Care Instructions for Botulinum Toxin Treatments

### Before:

- Avoid blood thinning medications: Aspirin (unless for your heart), Vitamin E, St. John's wort, garlic, fish oil, ginseng, ginkgo, feverfew, and evening primrose oil.
- If you are on blood thinners for medical reasons please do not stop these suddenly but discuss with our nurse practitioner prior to treatment. These medications include: Aspirin for heart disease, Brillinta, Plavix, Effient, Coumadin, Xarelto, Pradaxa, and Eliquis.
- Avoid ibuprofen and alcohol for 2 days prior if possible.

### After:

- You may have mild bruising, swelling, discomfort, or a headache following the injection. You may use an ice pack or take Tylenol. Bruising usually resolves in 7-10 days.
- Do not massage or apply heat to the treated area the day of treatment. This may diffuse the medication into surrounding areas causing unwanted side effects like a drooping eyelid.
- Do not lay down for 4 hours.
- Do not do any activities that cause facial flushing on the day of treatment. This includes strenuous exercise, alcoholic beverages, tanning, saunas, sex, or hot tubs.
- Expect to start to see results in 3-5 days. Effectiveness increases over the first week and last 3-5 months.
- Call us with any persistent swelling, bruising, or side effects: (512) 815-0123
- If after 2 weeks you feel you require a touch up please call our office for an appointment.