

2019 BOTOX & DYSPORT / PRE & POST INSTRUCTIONS

WHAT TO EXPECT

- ♥ Welcome! You will be greeted by the nurse, she will review the consent for treatment and answer your questions.
- ♥ We will take photos -- this is important because it gives us a baseline for comparison.
- ♥ The nurse will consult with you about your treatment.
- ♥ Botox and Dysport are administered in measurements we refer to as "units." The amount of units you get will depend on how many areas/muscles we are treating and your budget. 35-60 units is a common treatment for many people.
- ♥ The nurse will prepare the syringes, clean your face and ask you to make facial expressions as she determines where to inject the product.
- ♥ You can apply make-up after the appointment.
- ♥ We will schedule a follow-up appointment in 2 weeks to make sure you are happy with the results. We always take follow up photos at that time to compare.
- ♥ If you need more Botox or Dysport, we can easily add more units. There will be an additional charge for the product at the time of service.
- ♥ The results will gradually take effect 3-7 days after the treatment.
- ♥ The product will slowly "wear off" over the next 2-3 months. We suggest scheduling appointments every 3 months if you want to maintain the results.
- ♥ If you are allergic to Cow's Milk, you are NOT a candidate for Dysport.
- ♥ Bruising can happen. We do our best to avoid blood vessels but it is always a possibility.

PRE-TREATMENT INSTRUCTIONS

- ♥ Do NOT consume alcoholic beverages at least 24 hours prior to treatment
- ♥ Avoid anti-inflammatory/blood thinning medications, for a period of 5-7 days. St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising.
- ♥ Schedule your appointment at least 2 weeks prior to any special event. You may bruise.
- ♥ Please discontinue Retin-A 2 days before and 2 days after treatment.
- ♥ Reschedule your appointment at least 24 hours in advance if you have a rash or cold sore in the area.
- ♥ Be sure to have a good breakfast, including food and drink before your procedure.

POST-TREATMENT INSTRUCTIONS

- ♥ Do NOT manipulate the treated area for 4 hours following treatment.
- ♥ Do NOT perform any heavy lifting, or vigorous exercise for 6 hours after treatment.
- ♥ Do NOT receive facial/laser treatments or microdermabrasion after your Botox or Dysport injections for at least 5 days. Ask your provider if you are not sure about the time frame of certain services.
- ♥ Do NOT lie down for 4 hours after your treatment. This will prevent the product from migrating.