



Botox® & Dysport® Pre & Post-Treatment Instructions

Pre-Treatment Care:

To minimize your risk of bruising and achieve the best results, please follow these guidelines before your treatment:

- One week before your appointment, discontinue all supplements and medications that can thin the blood, including fish oil, aspirin, ibuprofen (Motrin, Advil), and Vitamin E.
- If you are prescribed an anticoagulant or blood thinner, please consult with your prescribing physician for guidance prior to your appointment.
- Avoid alcohol for 24 hours before treatment to reduce the risk of bruising.
- If you have had any recent dental work, laser treatments, or facial procedures, please inform your practitioner before your appointment.

Post-Treatment Care:

How you care for your skin after your neurotoxin treatment is important. Following these guidelines will help you achieve optimal results and minimize side effects.

- Avoid significant movement or massage of the treated area for 1 week unless instructed by your clinician.
- Be gentle with your skin. When cleansing, pat dry, do not rub.
- Do not lie down for 3–4 hours after treatment. Remain upright to help prevent migration of the product.
- Avoid strenuous exercise for 24 hours following your treatment.
- If advised by your clinician, apply a cool compress or ice pack for 20 minutes every few hours to reduce swelling.
- Makeup may be applied after 24 hours. Avoid applying it the day of treatment.
- You may take or gently apply arnica to help minimize bruising and swelling.
- Do not receive laser treatments, facials, or spa services for 1 week after your injections.

What to Expect:

- Mild redness, swelling, or tenderness at the injection sites is normal and should resolve within a few days.
- Results are not immediate. It may take up to 2 weeks to see full results. If any adjustments are needed, they can be made at your 2-week follow-up appointment to avoid overcorrection.
- Neurotoxin results typically last 3–4 months, depending on your body's metabolism and treatment area.

Important Reminders:

- Schedule your **next appointment at the time of treatment** to maintain consistent results.
- Avoid excessive heat or sun exposure for 72 hours.

Call our office at 404-832-0300 if you have any questions or concerns.