

## **BOTOX® Post Care Instructions**

### **BOTULINUM TOXIN “A” Post-care:**

- Refrain from straining, heavy lifting, and vigorous exercise for at least 24 hours following treatment. It takes the toxin approximately 2 hours to bind itself to the nerve terminal to start its work, and circulation may inadvertently move the botulinum toxin from where it was injected.
- DO NOT lie head down flat, touch, or rub the treated areas for at least 4 hours.
- Avoid Aspirin, Motrin, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week after treatment. These items may increase bleeding and bruising.
- Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods, and cigarettes 24-48 hours after your treatment. These items may contribute to increased swelling or irritation.
- Avoid the use of Retin-A or similar products (ex. Kinerase, Tazorac) 2 days after treatment to avoid increased irritation or redness.
- Avoid cosmetic treatments such as laser, ultrasound, peels, or microneedling for 2 weeks after treatment with BOTOX®.
- Try to avoid wearing makeup until the day after treatment. Earlier use may cause pustules. If you must wear makeup, we recommend a good quality mineral makeup with clean applicators for the face.
- Please report to the provider any increased pain, increased swelling, redness, blisters, or itching immediately, should it occur following your treatment.
- The treatment may take 14 days to take full effect. It is recommended that the touch up, if needed, be done 2 weeks after the initial treatment.
- Avoid wearing tight fitting hats or headbands after treatment with BOTOX®.

### **Follow Up Treatment Plan for Neuromodulator Injectables:**

A 2 week follow up appointment will be scheduled at the time of the initial treatment, and for any new areas of treatment. If the provider assesses continued excess muscle movement in the original treated area, up to 6 units of Botox is complimentary for touch up. Payment for any amount over 6 units is due at the time of service.

The nurse on call number to reach the nurse directly if needed before your 2-week follow up appointment is 417-413-3295.