



## **Botulinum Neurotoxin Type A Injectable Procedure**

### **Pre-Treatment Instructions:**

- *AVOID* NSAID medicines (Aspirin, Ibuprofen, and Naproxen) for 7 days if possible to decrease bruising. *AVOID* herbal medicines and supplements Dong Quai, Ginger, Feverfew, Ginkgo Biloba, Ginseng, Garlic (high dose), Omega-3 fish oil (3000 mg/day or higher), Vitamin E (high dose) to decrease bruising
- If you have a vacation coming up, schedule your treatment at least 2 weeks in advance.
- Avoid alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising. Though bruising is minimal if at all, you may take Arnica tablets 2-3 days prior to your injection to reduce the risk of bruising
- Do not use Botulinum Toxin A if you are pregnant or breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders including Eaton Lambert, Myasthenia Gravis

### **Post-Treatment Instructions:**

- Facial Exercises in the injected area(s) are recommended for 1 hour following treatment to stimulate the binding of the toxin only to the localized area (e.g. practice frowning, raising your eyebrows or squinting). However, it will NOT impact your treatment negatively if you forget.
- Avoid rubbing, touching, pressing, massaging or manipulating the treated area(s) for 24 hours after treatment (Facials, Massages, Sauna). This may disperse the botulinum toxin into undesired areas. If needed, apply a cold compress to the area(s) treated (avoiding pressure) to reduce swelling and the potential for bruising. Use gentle motion when cleansing your face.
- Avoid strenuous exercise, straining, heavy lifting, for 4 hours following treatment. Feel free to shower and go about most other regular daily activities. It takes the toxin approximately 2 hours to bind to the nerve terminal. So we want to avoid inadvertently moving the botulinum toxin from where it was injected.
- Do not lie down and no bending over for 4 hours after treatment as this may allow the botulinum toxin to disperse in undesired directions.
- Results of your treatment can take 2-14 days to take full effect although many people will recognize the benefits in 3-5 days after treatment.
- You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- Tiny bumps or marks will go away soon after your treatment. If you need to apply make-up within 4 hours after your treatment, only use a GENTLE touch to avoid rubbing the treated area. Avoid brow liner for 24 hours

We will see you for a 2 week follow up assessment appointment to see how YOUR facial muscles reacted to your treatment. If you require more toxin to fine tune / adjust your treatment results, it will be applied at an additional cost.

For medical reasons, your results will be photographed and documented in your confidential patient file.

Botulinum Toxin Type A is a temporary treatment. At first, you may find that treatment results will last approximately 3 or 4 months. Maintaining treatment appointments with the recommended frequency will enable results to last longer than 4 months.

Initially, we see our patients between the 3 month and 4 month time period to create the best clinical results for you during this period. If your Botulinum Toxin Type A completely wears off, it is difficult for us to be able to see how your individual muscles reacted and therefore optimal results for your face are harder to achieve.

**Please call us at (734) 249-8722 for any concerns.**

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