



BOTOX PRE- AND POST-CARE

Your appointment for Botox is coming up and I want you to have the best results possible. Please read these instructions for pre and post treatment. Thank you so much! I am looking forward to seeing you very soon! Please call me at 303-929-4875 if you have any concerns or questions.

Before Treatment

- Avoid aspirin (e.g., Excedrin), vitamin E, Fish Oil, St. John's wort, and other dietary supplements including ginkgo, evening primrose oil, garlic, feverfew, and ginseng for a week.
- Avoid ibuprofen (e.g., Advil, Motrin) and alcohol for 2 days.
- If possible, come to your appointment with a cleanly washed face.

After Treatment

- Do not massage the treated areas on the day of treatment.
- Avoid lying down for 4 hours immediately after treatment.
- Avoid applying heat to the treated area on the day of treatment.
- Avoid activities that cause facial flushing on the day of treatment, including consuming alcohol, hot tub or sauna use, exercising, and tanning.
- Gently apply a cool compress or wrapped ice pack to the treated areas for 15 minutes every few hours as needed to reduce discomfort, swelling, or bruising up to a few days after treatment. If bruising occurs, it typically resolves within 7–10 days.
- After treatment, oral consumption and/or topical application of Arnica Montana may help to reduce bruising and swelling.
- Botulinum toxin treatment effects take about 1–2 weeks to fully develop and last approximately 2.5–4 months.
- If 1–2 weeks after treatment you feel that you require a touch-up, please contact the office or call me and I will make you an appointment.

Have a wonderful day! See you soon!

Heather Despard
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303-929-4875

"Your Face is Forever"