



Concierge Family Medicine & Aesthetics

## **BOTOX/DYSPO**

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

Do not consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising).

Avoid anti-inflammatory/blood thinning medications, if possible for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, 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 and swelling after injection. Consult with your doctor prior to discontinuing any prescription medications.

Schedule your appointment at least 2 weeks prior to any special event that you may be attending. This will allow your treatment results to settle and take full effect as well as allowing any potential bruising/swelling to resolve.

Avoid using products that can be irritating to the skin 2-3 days prior to your treatment (Tretinoin/Retin-A, glycolic acid, benzoyl peroxide, hydroquinone).

Please do not wear makeup to your appointment. If that is not possible we will remove your makeup prior to treatment.

You are not a candidate for treatment if you are pregnant or breastfeeding.



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

You may experience swelling, tenderness, itching, pain, or bruising at the injection sites and rarely, pustules may form. These reactions usually only last a few hours to a few days.

Avoid lying down for four hours after treatment.

Avoid manipulation of the area on the day of the treatment.

Facial exercises in the area of treatment are recommended (frown, raised eyebrows, squint, and smile) for 1 to 2 hours after treatment.

You could experience increased bruising or bleeding at the injection site if you are taking aspirin or other nonsteroidal anti-inflammatory medications such as Ibuprofen. These reactions generally lessen or disappear within a few days but may last for a week or longer. Unless prescribed by your doctor, it is recommended that you try to avoid these medications for several days after treatment.

If you are considering a laser treatment, chemical peel, or any other procedure based on a skin response after treatment, or if you have recently had such treatments and the skin has not healed completely, there is a possible risk of inflammatory reaction at the injection.

On the day of treatment, avoid activities that can cause facial flushing including consuming a lot of alcohol, exercising, using a sauna, or tanning.

Gently apply a cool compress or Lamb Medical ice pack to the treated area for 15 minutes every few hours as needed to reduce discomfort, swelling, and bruising for a few days after treatment as needed. If bruising occurs, it typically resolves within 7 to 10 days. Using Arnica can help reduce swelling and bruising.

The treated area can be gently washed with cleanser and your normal skin care products and light make up can be applied as desired once the injection spots have closed, usually within several hours after injection.

Most patients are very pleased with the results of Botox/Dysport injections. However, like any cosmetic procedure, there is no guarantee that wrinkles will disappear completely or that you will not require additional treatment to achieve the results you seek. It usually takes 10 to 14 days for full treatment effects to appear. If you require more product to fine-tune or adjust your results, we would be happy to do so 10-14 days after your initial injection. If you require a touch up please be advised that an additional per-unit charge will be applied.

In order to maintain optional results, additional treatments will be required periodically, generally every 3 months.

Your satisfaction is our utmost goal. Please do not hesitate to contact us with any questions or concerns. (724) 969- LAMB