



Pre and Post Neurotoxin Instructions

Botox and Dysport will kick in 5-7 days after treatment, but can take up to 2 weeks for full effect. Please allow 2 weeks to pass before booking any follow up appointments.

Pre-Treatment Botox/Dysport Instructions:

- AVOID 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 5 days prior to your botox treatment (unless prescribed by your physician or Dr. Watkins). 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 injections.

Post Treatment Botox/Dysport Instructions:

- AVOID placing excessive pressure on the treated area(s) for the remainder of the day after receiving Botox/Dysport; when cleansing your face or applying makeup, be very gentle.
- AVOID exercise or strenuous activities for the remainder of the treatment day; you may resume exercising the following day.
- Stay in a vertical position for four hours following injection. DO NOT “rest your head”, have a massage in a face cradle, or lie down.
- Do NOT receive facial/microdermabrasion, laser treatments or eyebrow wax directly after Botox/Dysport injections. You are free to schedule these appointments before receiving botox or the following day.
- You may take Acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- If you get bruising, apply ice a few times for 5 minutes the day of your treatment and consider Bromelain 4 caps 3 times daily (carried at aNu) and let your provider know.
- If you have a little movement or anything that you would like adjusted, please let your provider know and book 14 days or more after your treatment so the full effect has taken place. We want your treatment to be perfect!