



## TREATMENT PREPARATION

TREATMENT: **Smooth**

PRODUCT USED: **Botox Cosmetic® or Dysport®**

### TWO WEEKS PRIOR TO TREATMENT

Schedule your neurotoxin appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation as results take approximately 7-14 days to appear.

### 24 HOURS PRIOR

- Avoid the use of alcohol 24 hours prior to your appointment. Alcohol can increase the risk for bleeding and bruising at the treated site(s).
- If you are using prescription blood thinners, or aspirin, please notify your practitioner. You may need to check with your prescribing doctor prior to stopping the use of these medications.
- Avoid waxing, bleaching, tweezing, or the use of hair removal creams in the area(s) to be treated.
- Avoid sun exposure prior to your treatment.
- Eat a small meal or a snack before your appointment.

### YOU WOULD NOT BE CONSIDERED A CANDIDATE IF YOU HAVE ANY OF THE FOLLOWING:

- You have Myasthenia Gravis, ALS (Lou Gehrig's Disease), Lambert-Eaton Syndrome.
- You have a neuromuscular disorder, or any other disease that affects your muscles or nerves.
- You are allergic to human albumin or Botulinum Toxin.
- You have breathing problems such as asthma or emphysema.
- You are pregnant or breastfeeding.
- You are allergic to any of the ingredients in Botox®, Dysport® or Jeuveau®.
- You have a skin infection or other condition in the injection area.
- You have difficulty swallowing.
- You have bleeding issues.
- You have weakness in your forehead muscles.
- You have drooping eyes.

## POST TREATMENT INSTRUCTIONS

TREATMENT: **Smooth**

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### 24 HOURS POST-TREATMENT:

- There can be a slight chance of bruising at the treated area, this is temporary. Be assured that any tiny bump or marks will go away within a few hours of treatment.

- Refrain from straining, heavy lifting and vigorous exercise for at least 24 hours following treatment. It takes the neurotoxin approximately 2 hours to bind itself to the nerve terminal to take effect. Increasing circulation may inadvertently move the neurotoxin from where it was injected. You should NOT engage in activities where your head is below your heart (yoga).
- **DO NOT** lie head down flat, touch or rub the treated areas for at least 4 hours after treatment. Doing so can potentially cause the Botox to spread to other areas of the face.
- Avoid the use of Tretinoin (Retin-A) and/or active skincare products for 24 hours after treatment to avoid increased irritation or redness.
- Avoid alcohol for 24 hours after treatment. Alcohol inhibits the clotting factors in your blood and can cause bruising/bleeding.
- Avoid wearing tight fitting headwear (hats, headbands, etc.) over your treatment area for 24- hours after injections. Ideally, for the first 24-hours after treatment you should avoid any pressure against the treated areas because it can potentially displace the injected product.
- The best thing to do is to avoid makeup. But if you must apply it, wait till the bleeding has completely stopped and the swelling has subsided. Earlier use may cause pustules. If applying make-up after treatment, always apply in an upward movement from the eye area not downward.

### **THREE DAYS TO ONE WEEK POST-TREATMENT:**

Avoid the use of Aspirin or other non-steroidal anti-inflammatory drugs (NSAIDS) such as Advil®, Motrin®, Aleve®, Nuprin®, Celebrex, Gingko Biloba, St. John's Wort, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, high doses of Vitamin E or any other essential fatty acids (unless medically necessary) at least 3 days to 1 week before and after treatment to minimize bruising or bleeding.

### **TWO WEEKS POST-TREATMENT:**

- Avoid cosmetic procedures such as laser, ultrasound, peels, facials, microneedling, microdermabrasion or massage for 2 weeks after treatment.
- The result of your treatment can take 2 weeks to take full effect. Usually patients notice a change in 2-5 days. It takes time for the muscles to lose strength and the lines to fade following Botox®, Dysport® or Jeuveau® treatment. Please wait until 14 days have passed before assessing if you are pleased with results. Sometimes touch-ups are necessary.
- Your satisfaction is important to us! Please remember to schedule a follow-up visit in 2 weeks. This is especially important after your first treatment. This will ensure that we are able to see how your facial muscles have reacted to your treatment. Any costs associated with fine tuning/adjusting your results with Botox®, Dysport® or Jeuveau® are the patient's responsibility.

### **THREE TO FOUR MONTHS POST-TREATMENT:**

Botox® and Dysport® are temporary procedures and at first, you may find that your treatment results will last approximately 3-4 months. If you maintain your treatment appointments with the frequency recommended by your clinician, the duration of each treatment results may last longer than 4 months.

**If you suddenly develop other symptoms, or have any questions regarding your treatment (or these instructions), please contact our office to speak to one of our RN's at 414.488-7900 (9-4 M-F).**

