

Botox®/Daxxify/Dysport/Xeomin Pre-Treatment Instructions

- Schedule your BOTOX® / Daxxify / Dysport / Xeomin appointment at least **2 weeks** prior to a special event to allow for complete healing. Results may take **4-7 days** to appear. Bruising and swelling may be temporarily apparent during this time.
- If medically permitted, avoid blood thinners and anti-inflammatory medications **1 week** prior to treatment. Patients on blood thinners or that bruise easily may take longer to heal. **Consult your primary care physician before stopping any of your regular medications.**
- Avoid topical products that could cause irritation, such as Retin-A, retinols, retinoids, glycolic acid, hydroquinone, etc. for **3 days** before and after treatment.
- Inform your provider if you have a history of cold sores. You may be placed on an anti-viral medication prior to treatment.
- If you have a rash, cold sore, or blemish on the area to be treated please reschedule your appointment **at least 24 hours** in advance.
- Do not drink alcoholic beverages **24 hours** prior to treatment to avoid bruising.
- If possible, on the day of treatment, please arrive with no face make-up or sunscreen on.

Botox®/Daxxify/Dysport/Xeomin Post-Treatment Instructions

- Try using the injected muscles the first **1-2 hours** after treatment; practice frowning, raising your eyebrows, and squinting. This will help work BOTOX® / Daxxify / Dysport / Xeomin into your muscles. **Do not manually manipulate the area for 3 hours following treatment; do not touch, massage, or rub.**
- Avoid extended UV exposure until any redness or swelling has subsided.
- Do not receive facials, laser treatments, or microdermabrasion for at least **10 days** following treatment.
- Do not perform activities involving straining, heavy lifting, or vigorous exercise for **6 hours** after treatment to ensure the BOTOX® / Dysport / Xeomin stays in the injected area and does not migrate elsewhere.
- Stay in a vertical position for **4 hours** following treatment. **Do not lie down, rest your head, or lean forward; sit upright.**
- Avoid Advil, Motrin, and Ibuprofen. You may take Tylenol/Acetaminophen if you experience mild tenderness or discomfort.