

BOTOX PRE-TREATMENT INSTRUCTIONS

Avoid taking Aspirin, Non-steroidal Anti-Inflammatory Drugs (NSAIDS) such as Advil, Aleve, Motrin; also Vitamin E, flax oil, fish oil 1 week prior to the procedure. These drugs and vitamins may cause excessive bleeding or bruising.

BOTOX POST-TREATMENT INSTRUCTIONS/INFORMATION

- 1) **DO NOT** rub or manipulate the area that has been injected with the Botox solution. This can result in migration from the targeted muscle.
- 2) **DO** exercise the muscle that has been injected with the Botox solution for 4 hours after the procedure.
- 3) **DO NOT** lie flat or move into a forward bending position for 4 hours after the procedure. Lying down (as for a nap) can cause the solution to migrate from the targeted muscle and lead to complications.
- 4) You may apply Make-up after the procedure.
- 5) You may apply cold compress to the treatment areas to reduce swelling or bruising.
- 6) We recommend **Arnicare cream** to treat bruising.
- 7) Although some patients may experience treatment effect in 48 to 72 hours, most patients do not notice full treatment effect for 7 to 14 days following the treatment.
- 8) Although extremely rare, allergic reaction to Botox serum can occur. If you experience EXTREME skin redness, swelling or rash, or SEVERLY swollen or puffy eyes, or SEVERE headache, you may be allergic to Botox serum or you may have developed antibodies to the Botox serum from previous treatment.
- 9) **You MUST** call the office immediately and be seen by the physician or go directly to your closet emergency room to confirm the reaction as allergic as well as be treated.
- 10) Botox cosmetic is a temporary procedure. In most people the benefits of Botox last about 3-4 month. Sometimes a few wrinkles may start to return in 2-3 months. The effectiveness of Botox will last longer with successive treatments.
- 11) After treatment, if you have any questions, concerns or experience any problems, please call Trifecta Med Spa office at **(212) 600-4112** (Downtown NYC) or **(516) 792-0800** (Long Island)