

All appointments require a credit card to book.

Any appointment that is canceled within 24 hours of your appointment will be charged a \$100 fee.

All no call/no shows will be charged \$100.

BOTOX®/Dysport PRE - TREATMENT INSTRUCTIONS

In an ideal situation it is prudent to follow some simple guidelines before treatment that can make all the **difference between a fair result or great result**, by reducing some possible side effects associated with the injections. We realize this is not always possible; however, **minimizing these risks is always desirable.**

- **Avoid Alcoholic beverages** at least **24 hours prior** to treatment (Alcohol may thin the blood increasing risk of bruising).
- **Avoid Anti-inflammatory / Blood Thinning medications** ideally, for a period of **two (2) weeks before treatment.** Medications and supplements such as Aspirin, Vitamin E, Gingo Biloba, St. John's Wort, Ibuprofen, Motrin, Advil, Aleve, Vioxx, and other NSAIDS are all blood thinning and can increase the risk of bruising/swelling after injections.

Schedule Botox® appointment at least 2 weeks prior to a **special event which may be occurring, i.e., wedding, vacation,** etc. etc. It is not desirable to have a very special event occurring and be bruised from an injection which could have been avoided.

BOTOX®/Dysport POST - TREATMENT INSTRUCTIONS

The guidelines to follow post treatment have been followed for years, and are still employed today to prevent the possible side effect of ptosis. These measures should minimize the possibility of ptosis by almost 98%.

- **No straining, heavy lifting, vigorous exercise for 3-4 hours** following treatment. It is now known that **it takes the toxin approximately 2 hours to bind itself to the nerve to start its work,** and because **we do not want to increase circulation** to that area to wash away the Botox®/Dysport from where it was injected. *This waiting period continues to be recommended by most practitioners.*
- **Avoid Manipulation of area for 3-4 hours** following treatment. **(For the same reasons listed above.)** This includes not doing a facial, peel, or micro-dermabrasion after treatment with Botox®/Dysport. **A facial, peel, or micro-dermabrasion can be done in same appointment only if they are done before the Botox®/Dysport.**
- **Facial Exercises in the injected areas is recommended for 1-hour** following treatment, to **stimulate the binding of the toxin only to this localized area.**
- **Do not lie down or bend over for 3-4 hours** following treatment. (This instruction has been employed for years by some practitioners, although, **we have not been able to find out the main reason for this since many practitioners inject while the patient is in a lying position.** Many practitioners do not adhere to this anymore.

- **It can take 2-10 days to take full effect.** It is recommended that the patient contact office **no later than 2 weeks after treatment** if desired effect was not achieved and no sooner to give toxin time to work.

Makeup may be applied before leaving the office. Some practitioners recommend avoiding Retin-A, Glycolic acid, Vitamin C, and Kinerase *for 24 hrs* to the treated areas.