

ULTIMATE BEAUTY, HEALTH & WELLNESS

DR ROGENA JOHNSON, MD

Botox Instructions

Avoid taking Aspirin, Non-steroidal Anti-Inflammatory Drugs (NSAIDS) such as Advil (naproxen), Motrin/Advil (ibuprofen), Vitamin E, fish oil or flax oil 1 week prior to procedure. Talk to the doctor if you are on prescription blood thinners. These drugs and herbs may cause excessive bleeding or bruising.

Botox Post Treatment Instructions

- 1. Avoid applying pressure or massaging the treated areas for a few hours after the procedure. This may disperse the botox into undesired areas.**
- 2. Avoid lying down or bending over for 4 hours after treatment as this may allow botox to disperse in undesired directions.**
- 3. Avoid strenuous exercise and yoga after the procedure. This may raise your blood pressure and pulse causing more bruising and swelling.**
- 4. You may apply Make-up after the procedure.**
- 5. You may apply Cold compresses to the treatment sites to reduce swelling and bruising.**
- 6. We recommend a Vitamin K cream to treat any bruising**
- 7. Note that any bumps or marks from the extremely small needle sticks will go away within a few hours. If you do develop a bruise it will resolve like any other bruise. There is occasionally some mild pain, swelling, itching, or redness at the site of injection similar to most other injections. Redness may last for 1-2 days, rarely longer.**

8. Results of your treatment may take up to 14 days to take full effect although many people will recognize the benefits in 3-5 days after treatment.

9. Botox Cosmetic® is a temporary procedure. In most people the benefits of Botox last about 3-4 months. Sometimes a few wrinkles may start to return in 2-3 months. The effectiveness of Botox will last longer with successive treatments.