

## **Botox/Jeuveau/Dysport**

### **Pre-Care:**

1. **Consultation:** Schedule a consultation with a qualified and experienced healthcare provider who is trained in administering Botox injections. Discuss your goals and expectations during this consultation.
2. **Medical History:** Provide your provider with a complete medical history, including any medications, supplements, or medical conditions you have. Mention any allergies or previous reactions to Botox or similar products.
3. **Discuss Expectations:** Have a candid discussion with your provider about your desired results and any concerns you may have.
4. **Avoid Alcohol:** Avoid consuming alcohol for at least 24 hours before your Botox treatment, as alcohol can thin the blood and increase the risk of bruising.
5. **Avoid Blood Thinners:** Refrain from taking medications and supplements that can thin the blood, such as aspirin, ibuprofen, and fish oil, for about a week before the procedure to reduce the risk of bruising.
6. **No Aspirin:** Do not take aspirin for at least a week before your appointment, as it can increase the risk of bruising.
7. **Stay Hydrated:** Drink plenty of water in the days leading up to the procedure to keep your skin well-hydrated.

### **Post-Care:**

1. **Follow Provider's Instructions:** Adhere to the specific post-care instructions provided by your healthcare provider, as they may customize recommendations based on your treatment and individual needs.
2. **Avoid Touching or Rubbing:** Refrain from touching or rubbing the treated area for several hours after the procedure. This helps prevent the Botox from spreading to unintended areas.
3. **Stay Upright:** Avoid lying down flat for at least four hours after treatment. This prevents the Botox from migrating to other areas of your face.
4. **No Strenuous Exercise:** Avoid strenuous physical activities for the first 24 hours after the procedure to minimize the risk of Botox moving away from the intended treatment area.
5. **Avoid Alcohol:** Refrain from consuming alcohol for at least 24 hours after the treatment, as alcohol can increase the risk of bruising and swelling.
6. **No Hot Showers or Saunas:** Avoid hot showers, saunas, and steam rooms for the first 24 hours post-treatment, as heat can potentially affect the results.
7. **Avoid Blood Thinners:** Continue to avoid medications and supplements that can thin the blood for a few days after the procedure, as directed by your provider.
8. **Be Patient:** It may take a few days to 2 weeks to see the full effects of Botox, and results typically last for several months.
9. **Follow-Up Appointments:** Attend any follow-up appointments recommended by your provider to assess the results and discuss any touch-up treatments if needed.