

Botulinum Toxin Instructions (Botox, Dysport, Xeomin)

Pre-Treatment Considerations: If you have any of the conditions listed below, be sure to notify your doctor. It may be best to delay or even avoid these injections if you:

- Are pregnant, nursing or trying to become pregnant
- Have any significant neurologic disease including ALS (Lou Gherig's Disease), myasthenia gravis, multiple sclerosis (MS), Lambert-Eaton Syndrome, etc.
- Have any active infection
- Have a history of allergy to these injections or human albumin preparations
- Take blood thinners or have a bleeding disorder
- Have failed to respond to a previous botulinum toxin injection

After Treatment Instructions/Reminders:

- The medication takes 4-5 days to start working, and peaks at ~2 weeks
- Results last 2-5 months, averaging ~ 3-4 months
- Best results are obtained by returning for your next appointment as soon as you begin to notice movement in the treated area

Immediate Post-Treatment instructions:

· **DO's:**

- Stay upright for 4 hours (don't lay down or bend over)
- Apply make up as desired
- Exercise the treated area a few times an hour until bedtime
- Clean your face normally
- Ice the treated area (if desired) for up to 15 min an hour
- .Expect some red bumps at the injection sites
- Call us with any concerns or problems.

· **DON'T's**

- Don't massage the area
- Don't exercise for 6 hours
- Hesitate to call us with any issues!

Follow up:

- Call for a follow up appointment as soon as you begin to notice movement in the treated area