

## Cosmetic Botox/Wrinkle Relaxers Patient Instructions

### *Before:*

- Inform provider of all medical conditions, medications you are taking, skin disorders, allergies, history of anaphylaxis, and any other medical problems you may have
- Avoid alcohol the day before your appointment to reduce your chance of bruising
- Avoid Fish Oil, Aspirin, Vitamin E, St. John's Wort, and other non-steroidal anti-inflammatory products (Advil, Aleve, Motrin, Ibuprofen) 3 days before your appointment to reduce your chance of bruising
- Come to your appointment with **no makeup**
- Do not stop taking any medications that have been prescribed to you without consulting your prescribing physician

### *After:*

- **Do** contact me if you experience any problems or have any questions
- **Do** remain upright for 4 hours after injection
- **Do** exaggerate facial expressions in injected areas for 1 hour after injection
- **Unless medically necessary or advised by your physician, Do Not** take Aspirin, Ibuprofen, or Vitamin E for 24 hours after injection
- **Do Not** massage or manipulate injection sites for 48 hours after injection
- **Do Not** participate in any strenuous exercise for a minimum 24 hours
- A headache is common especially, if it is your first botox treatment
- You should see benefits develop over the next seven days. Treatment results may last 3-4 months

### *Other important information:*

- Patient should be in good overall health
- **Do Not** use Botox if you are pregnant/breastfeeding
- **Do Not** use Botox if you have a active skin infection in treatment area
- The most common side effects are bruising and swelling, typically resolves within 14 day
- Effects of Botox are temporary and to maintain the effects, treatment is recommended every 3-4 months

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Patient Signature

Patient Name (Print)

Date

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Health Care Professional Signature

Health Care Professional Name (Print)

Date