

**Botox/Dysport/Fillers Pre and Post Treatment Instructions**

**Pre-Treatment**

**Contraindications:** pregnancy or trying to become pregnant; nursing; neurological diseases including, but not limited to Myasthenia Gravis, Multiple Sclerosis, Lambert Eaton Syndrome, Amyotrophics Lateral Sclerosis (ALS), Parkinson’s; allergies to the toxin ingredients, or to human albumin; any active infection; previous allergy or reaction to Botox. Medications which are contraindications to receiving Botox include: aminoglycosides, nerve blockers (anticholinesterases, succinylcholine), lincosamides, polymyxins, quinidine, or magnesium sulfate.

* Avoid products with anticoagulant effects, such as aspirin and non-steroidal anti-inflammatory drugs (e.g., Ibuprofen, Aleve, Motrin, Celebrex), high doses of Vitamin E, and certain herbs (Ginko Biloba, St. John’s Wort) for 7-10 days prior to treatment.
* Avoid any irritant chemicals, soaps, and lotions to area for the week prior to treatment.
* Do not wear make-up to treatment appointment.

**Post-Treatment**

* Results begin to be noticed after about 2-3 days and peak around 2 weeks (Botox).
* Results vary, lasting 2-4 months on average for Botox. Most fillers last between 9 months to a year. Some fillers last longer 18 moths- 2 years.
* Return for next appointment as soon as you begin to notice movement in the treated area (Botox).
* Stay upright for 4 hours (suggested, but not required). No bending below the waist for extended periods for the first 24 hours after injections (such as downward dog in yoga).
* Avoid strenuous exercise and alcohol for 12-24 hours after treatment.
* Avoid irritants (glycolics, acid, retinoids, etc…) until all redness /swelling resolves.
* Do not massage the treated areas.
* Do not wear a headband or hat for 48 hours (if Botox in forehead).
* Redness/swelling is normal for a few hours or days.
* OK to gently clean the area with mild soap.
* You may apply cool compresses/ice for 15 minutes to 1 hour post treatment.
* Make-up may be used as long as skin in not broken or irritated.

**Avoid any procedures or surgeries involving eyes, eyelids, eyebrows, or forehead for 10 days after Botox. NotifyDr. Price’s office if you have any questions, concerns, or problems at 404-953-4023.**