



## Botox Instructions

### Pre-Treatment Care

1. It is advised to avoid aspirin and NSAIDs (Ibuprofen), vitamin E, ginkgo biloba, and St. John's Wort for at least 48 hours prior to treatment.
2. Avoid any alcohol 48 hours prior to treatment to help reduce bruising.

### Post-Treatment Care

1. Avoid lying down for 4 hours after treatment.
2. Do not apply makeup for 12 hours after treatment.
3. Refrain from heavy exercise for 24 hours after treatment.
4. Avoid any massages, facials, or pressure to the area for 14 days after treatment.
5. Bruising is usually minimal and may take up to 7 days to resolve.
6. Treatment can take anywhere from 7-10 days to see an effect.
7. Allergan, the manufacturer of Botox, reports the average duration of results is approximately 4-5 months. Duration length will vary by patient.

By signing below, I acknowledge that I have read the instruction form in its entirety. My healthcare provider has adequately informed me of all the instructions. All questions have been answered to my satisfaction.

Patient Printed Name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Witness Signature: \_\_\_\_\_

Date: \_\_\_\_\_