

## **Botox and Dysport Instructions**

**by Shaun Patel, M.D.**

Botox and Dysport are non-surgical cosmetic treatments for wrinkles. They work by relaxing the muscles that create these wrinkles.

### **Pre-treatment Instructions:**

1. Avoid wearing makeup to your appointment.
2. Avoid blood thinners for 1 week prior to your treatment to reduce chance of bruising.

### **Post-treatment Instructions:**

1. Avoid heavy exercise or excessive heat (sauna, hot tub) for 24 hours.
2. You may apply makeup immediately after treatment.
3. Do not massage or apply excessive pressure to the injection sites for 24 hours.
4. You may start seeing results as soon as 72 hours after, but it usually takes 7-14 days to see the full results of your treatment.

#### **List of blood thinning medications and supplements to stop prior to treatment:**

1. Pain relievers such as Aspirin, Ibuprofen (Advil, Motrin), and Naproxen (Aleve)
2. Fish oil
3. Vitamin E
4. Ginger, Ginkgo and Garlic containing supplements
5. Other herbal supplements known to increase risk of bruising

\*\*\*Do not stop any medications prescribed by a doctor\*\*\*