

botox[®]
cosmetic
(onabotulinumtoxinA)



PRE & POST CARE GUIDE

PRE-TREATMENT

- 7 days before treatment: Avoid blood thinning OTC medications (i.e. Aspirin, Motrin, Ibuprofen & Aleve) & herbal supplements (i.e. Omega-3 capsules, Garlic, Vitamin E, Ginkgo Biloba, St. John's Wort).
- 3 days before treatment: Avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid & other 'anti-aging' products. AVOID waxing, bleaching, tweezing & hair removal cream on the area(s) to be treated.
- 24 hrs before treatment: Do not drink alcoholic beverages.

Do not use Botox[®] if you are pregnant or breastfeeding, are allergic to any of its ingredients or suffer from any neurological disorders. Please inform your provider if you have any questions prior to your treatment.

PLEASE TURN OVER FOR POST-TREATMENT GUIDE

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POST-TREATMENT

- Exercise treated muscles for 1-2 hrs after treatment (i.e. practice frowning, raising eyebrows & squinting). This helps to work BOTOX[®] into your muscles.
- Remain in a vertical position for 4 hrs following injection. Do not rest your head or lie down, stay upright.
- Apply ice or cold gel packs to area(s) treated (avoiding pressure) to help reduce swelling & potential bruising.
- You may begin wearing makeup once the treated area(s) have been sufficiently cooled, as instructed, & any pinpoint bleeding from the injection site(s) has subsided.
- Avoid excessive pressure on the treated area(s) for first few days. Be gentle when cleansing or applying makeup.
- Avoid exercise or strenuous activities for the remainder of the treatment day; you may resume other normal activities immediately.
- You may take Acetaminophen (Tylenol) if you experience any mild tenderness or discomfort.
- Avoid extended UV exposure until any redness/swelling has subsided. Apply sunscreen SPF 30 or higher.
- Wait a minimum of 24 hrs (or as directed by your provider) before receiving any skin treatments or laser treatments.

For complete product & safety information, visit:

www.botoxcosmetic.ca

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