



INSTRUCTIONS FOR BOTOX, DYSPORT AND XEOMIN

Pre Treatment:

1. If possible, avoid all anti-inflammatory over the counter and/or prescribed medications (e.g. steroids, aspirin, ibuprofen, Aleve, Motrin, Advil, etc.), avoid Fish Oil Vitamins, for 2 weeks prior to and for several days after each treatment. These instructions will help reduce the risk of bruising. Tylenol is permitted.
2. Please minimize alcohol consumption the night before and the day of your treatment to help reduce risk of bruising from injections.
3. If you bruise easily and/or you are particularly concerned about bruising, you may take Arnica Montana within 30 minutes of your treatment. We recommend the brand **SinEcch**. We cannot guarantee that you will not bruise, although bruising is rare with BOTOX/DYSPORT/XEOMIN. SinEcch may be purchased at People's Pharmacy.

Post Treatment:

1. DO remain **upright** for at least 4-6 hours after the BOTOX/DYSPORT/XEOMIN injections.
2. DO NOT press, rub or manipulate the treatment sites.
3. DO NOT use a Clarisonic Cleansing Facial Brush for 24 hours.
4. DO NOT apply make-up to the treatment site(s) for 1 hour.
5. DO NOT work out for the rest of the day, **after** your BOTOX/DYSPORT/XEOMIN treatment.

OTHER Post Treatment Instructions:

- If you have had 3 or more treatments, purposely contract the treated muscles (about once every 30 minutes) for 4-6 hours post each treatment.
- After injection day one, try to make a conscious effort to NOT contract the treated muscles. This step is not mandatory but it should help the longevity of your BOTOX/DYSPORT/XEOMIN results.
- You may experience a mild headache within 3 days after your treatment. This is most common after your very first treatment. You may take Tylenol if necessary.

Call BODY TONIC if you suspect any problems.

PATIENT SIGNATURE/DATE: _____

WITNESS OR PROVIDER/DATE: _____