



# BOTOX



## PRE & POST CARE



### Pre-Care

- \* Discontinue blood thinning medications & supplements 3-5 days prior
- \* Schedule 2-4 weeks before special event
- \* No vaccines within 72 hours (about 3 days) of appointment

### Post Care

- \* DO be patient, results take 10-14 days
- \* DO schedule a follow-up appt & pre-book your next appt
- \* DON'T be surprised if you experience a mild headache
- \* DON'T lie down for 4 hours
- \* DON'T massage or manipulate treated areas for 24 hours
- \* DON'T exercise for 24 hours
- \* DON'T drink excessive alcohol for 24 hours
- \* KNOW there is a risk of bruising, tenderness & redness at treated areas