

# The Center For Women's Aesthetics

## **PRE- INSTRUCTIONS FOR BOTOX/DYSPO**

**Avoid Blood Thinners:** Several days before your appointment, avoid medications or supplements that can thin your blood, such as aspirin, ibuprofen, and fish oil. These can increase the risk of bruising at the injection site.

**Alcohol and Tobacco:** Avoid alcohol and tobacco in the days leading up to the procedure, as they can also increase the risk of bruising.

**Stay Hydrated:** Drink plenty of water in the days leading up to the procedure to keep your skin hydrated.

**Skincare:** Do not use any topical products containing retinoids or alpha hydroxy acids (AHAs) for a few days before treatment.

## **POST-INSTRUCTIONS FOR BOTOX/DYSPO**

**Avoid Touching or Rubbing:** After the injections, avoid touching, rubbing, or applying pressure to the treated areas for several hours. This helps prevent the spread of Botox to unintended muscles.

**Stay Upright:** For a few hours post-treatment, try to stay upright and avoid lying down or bending over. This can help prevent the migration of Botox to unwanted areas.

**No Strenuous Exercise:** Refrain from strenuous exercise, hot tubs, saunas, or activities that could raise your body temperature for 24-48 hours after the injections.

**Avoid Blood Thinners:** Continue to avoid medications or supplements that can thin your blood for several days post-treatment.

**Gentle Skincare:** Be gentle with your skin and avoid harsh facial treatments or massages for at least a week after the procedure.

**Patience:** It may take a few days to see the full effects of Botox, so be patient. Results typically last for several months but can vary.

**Report Any Side Effects:** If you experience any unusual or severe side effects, contact your healthcare provider immediately.