



## **Botox/Dysport** Pre and Post Care

### Pre Treatment Instructions:

- If okayed by your health care provider, do not take any blood thinning medications such as Ibuprofen, Advil, Vitamin E, Fish oil, Excedrin, Aleve, etc. for at least two weeks prior to your treatment.
- Avoid alcohol 3 days prior to help minimize bruising
- Minimize caffeine and avoid coming to your appointment on an empty stomach. This will help provide comfort during your treatment.

### Post Treatment Instructions:

- No lying down or leaning forward for 4 hours
- No hats, visors, or headbands for 4 hours
- No exercise or strenuous activity for 24 hours
- Makeup can be applied 1 hour after procedure
- Do not massage injection site
- If you develop a headache in the next 48 hours, you may take Tylenol or Ibuprofen as needed