

## BOTOX / DYSPORT INJECTIONS

### **ONE WEEK PRIOR TO YOUR TREATMENT**

Please avoid taking Aspirin, non-steroidal anti-inflammatory medications such as ibuprofen (Advil, Motrin), Aleve and supplements such as St John's Wort, Vitamin E, Fish Oil/Omega 3, Flax Seed Oil, Garlic supplements, Green Tea Extract, Gingko/Ging Sing or Melatonin. These agents may increase bruising and bleeding at the injection sites. (Tylenol is fine) Please let Dr. Gulcher or her nurses know if you are on another medication that may increase your chances of bleeding and/or bruising.

### **DAY OF YOUR TREATMENT**

We only use FDA approved Allergan manufactured Botox Cosmetics. Your treatment will likely take only 5-10 minutes depending on how many areas are done. Immediately after your treatment, you may experience mild redness and swelling at the injection site. This will resolve in about 15-30 minutes. You may also experience mild bruising, especially around the eyes (crows feet area). While every effort is made to avoid bruising, this may occur because the skin around the eyes is very thin and there are several small vessels in this area.

### **AFTER YOUR TREATMENT**

If you experience bruising, it may take up to 7 days to resolve completely. Make-up/concealer may be applied. Please let us know if you need any of these concealer-type products. To help resolve a bruise faster, topical and/or oral Arnica Montana can be used. We also suggest Auriderm Post-Op gel which can be purchased for \$25. If you have a big event, please be aware of the risk of bruising and plan accordingly.

Your treatment is expected to take effect anywhere from 2 days to 2 weeks, but most commonly is seen within 3-5 days. Since everyone's anatomy is unique, your treatment is tailored specifically for your estimated requirements. Therefore, we would like to see you in our med spa in 2 weeks after your treatment for an evaluation of your treatment outcome. Any necessary refinements to your dose will be done at that time at the usual fee per unit. If you do not return to our med spa in the suggested time frame after the procedure, we cannot evaluate the treatment's effectiveness appropriately.

Average duration of your Botox treatment is 3-4 months. However, your treatment may last only 2 months or may last longer than 4 months due to individual variability. It is important to maintain regular injection intervals to retain an optimal aesthetic result and prevent returning to your original pre-treatment condition.

## **BOTOX / DYSPORT Post Care**

Congratulations on your Botox or Dysport treatment. Just a few simple reminders to get the most out of your treatment and minimize potential side effects.

Please do not touch or rub your face today. You may gently apply sunblock and cosmetics.

Use the muscles treated today as much as you can for the next couple of hours. For example, frown as much as you can if you had your frown lines treated today.

Wash your face lightly and pat dry tonight. Do not rub with a towel. Do not use your Clarisonic Facial Brush for 24 hours.

You may resume your normal skin care routine tomorrow morning.

Botox / Dysport typically takes 2-5 days to start to take effect and sometimes as long as 7 days. The full effect can be seen by 14 days. **It is best to wait a full 14 days before determining if you would like further treatment.** If additional units are needed to achieve desired effect, the cost per unit will be charged.

A treatment typically last 3-4 months. In some instances, results may last only 2 months or as long as 6 months. For best results in preventing and treating deep lines, we recommend repeat treatment when you notice movement returning.

If you have any questions or concerns regarding your treatment, please don't hesitate to call us (847.719.2200)

Thank you for choosing Advanced Medical Aesthetics Med Spa