

Pre/Post-Injection Advice for Botulinum Toxin

To minimize your risk of potential side effects or possible complications please follow the pre/post-injection advice:

Pre-Injection:

- Do not consume alcohol containing beverages for at least 24 hours prior to your treatment as the consumption of alcohol may thin the blood and increase risk of bleeding/bruising.
- Avoid anti-inflammatory and other blood-thinning medications if possible for a period of 5-7 days prior to treatment. Included but not limited to the following

medications/supplements: aspirin, vitamin E, ginkgo biloba, ginseng, St. John's wort, Omega 3/Fish Oil, ibuprofen, Motrin, Advil, Aleve and other NSAIDs have a blood-thinning effect and can increase the risk of bleeding, bruising and swelling after injections.

- Avoid all antibiotic therapy in the drug classes of amino-glycosides and fluoroquinolone for at least 2 weeks prior to and after treatment with tox.
- Schedule your Botulinum Toxin or Dermal Filler appointment AT LEAST 2 weeks (for tox) and 4 weeks (for filler) prior to any special/major event you plan to attend as it may take this length of time for

bruising/swelling to resolve and for the product to take full effect.

- If receiving dermal filler & you have a history of cold sores/HSV1/HSV2, contact the Beauty Mark., LLC for instructions on pretreatment intervention/advice.
- Reschedule your appointment if you have onset of new rash, cold sore or acne/infection in the area planned to be treated within 48 hours prior to scheduled appointment time.
- Eat prior to your appointment and drink 64 ounces of water daily for at least 3 days prior to my scheduled treatment date as this will decrease your chances of

feeling faint or lightheaded during your treatment.

Post-Injection Advice:

- Leave the treated area alone for 4 hours - you may lightly apply makeup during this time. DO NOT manipulate the area. Don't lie down directly on the area where injected for 4-6 hours.
- Do not receive facial, dental, or eye treatments/surgeries for 10-14 days after injection.
- If a headache occurs, treat as you normally would treat a headache. Avoid strenuous exercise for 4 hours after the procedure - this prevents the injected

toxin from migrating to surround tissues/muscles secondary to vasodilation caused by sweating.

- Note that any bumps or marks from injections will go away within a few hours. If you do develop a bruise it will resolve like any other bruise. There is occasionally some mild pain, swelling, itching, or redness at the site of injection. Redness may last for 1-2 days, rarely longer than this time frame. You can apply cool compresses to the treatment sites to reduce swelling and bruising.
- Results of your treatment may take up to 14 days to take full effect, although many

people will recognize benefits within 3-5 days after your treatment.

- Botulinum Toxin A is a temporary procedure. In most people the benefits of Botulinum Toxin A last about 3-4 months. Sometimes a few wrinkles may start to return in 2-3 months.
- If the desired results are not seen after 2 weeks from your initial treatment, you may need additional units. You are charged for any additional product used, if touch up is required. Touch up can occur anytime on days 15-18 after initial treatment.