

# Rejuvenate Medical Spa

4460 S. Highland Drive, Suite 410

Salt Lake City, UT 84124

801.272.4178

## BOTOX® Cosmetic Pre & Post Care Instructions

Patient name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_ Today's Date \_\_\_\_\_

### Pre-Care Instructions:

- If you get cold sores, (Herpes simplex virus), injections into the face may trigger a breakout. Please inform our staff because it may be beneficial to begin a prophylactic anti-viral medication before you get your treatment.
- If you experience any illness, skin irritation or skin infection at the time of your scheduled procedure, it is best to reschedule your treatment.
- To minimize bleeding/bruising, try to avoid taking any aspirin or aspirin containing products, alcohol or other blood thinning medications and supplements (ex. Motrin, Advil, Aleve, high doses of Vitamin E) for 1 week before your treatment. *Do not stop any prescribed medications without first consulting with your personal physician.*
- Please inform our staff of your pertinent health history and any medications or supplements that you are taking prior to your treatment.

### Post-Care Instructions:

- Stay upright for the next 4 hours.
- You may gently apply ice or a cold compress to areas treated if you experience pain or swelling.
- Do not rub or massage the injected areas for the next 12 hours.
- Exercise the treated facial muscle groups by making appropriate facial movements every 15-20 minutes for the first 1-2 hours. This will help the muscles absorb the BOTOX®.
- It is recommended that you do not exercise vigorously for 24 hours.
- Use sunscreen with an SPF of 30 when appropriate and try to avoid exposure to intense direct sunlight and heat for at least 2-3 days.
- Keep the injection sites clean. A small amount of swelling, bruising or redness may occur following your injections. If this happens, it will resolve on its own.
- Do not massage the area, have a facial or wax the area treated for 24 hours.
- Light make-up coverage is acceptable if desired.
- You may experience flu-like symptoms such as malaise, nausea and headaches for short time after the procedure.
- The onset of muscle relaxation usually begins in 7-10 days but optimal results may take up to 2 weeks.
- Adverse events may occur. The result will depend on the area of treatment but may include a droopy eyelid, inability to elevate the brow or weakness in closing the eye. If any of these symptoms occur, contact our staff immediately.
- It is best to avoid alcohol intake beyond a single drink for approximately 24 hours after treatment.
- You may be asked to return to the clinic in 2 weeks after treatment to document results.
- Individual results may vary. If there is partial response in a treated site and re-treatment is desired, a second treatment may be performed at 2 weeks. There are additional charges for all additional treatments.
- Call our staff immediately if you have any questions or concerns.