

Botox/Dysport: Pre-Treatment and Post-Treatment Instructions

1. Pre-Treatment Care:

- A. To prevent bruising:
 - i. Avoid aspirin (or any medications that thin the blood like Advil, Motrin, St. Johns Wort, vitamin E, Coumadin, Plavix, Gingo Biloba, Garlic, Ginseng, Fish oils, Dong Quai, Feverfew) for two weeks before the procedure -- to minimize bruising.
 - ii. Take Arnica pills starting one day before, and for five days after, the procedure. Drink fresh pineapple juice (or take Bromelain supplements 500 mg twice a day) for three days following the procedure. Arnica and Bromelain supplements are available at a health food store.
- C. Have something to eat before coming in for the session.
- D. Mention to, and discuss with, Dr. Duke any of the below items:
 - a. If you have a neuromuscular disease.
 - b. If your are currently taking a tetracycline type medication.
 - c. If you are using muscle relaxants.
 - d. If you are pregnant.
 - e. If you are taking blood thinners (coumadin, aspirin, ibuprofen, motrin, aleve...).
 - d. If you are allergic to eggs or dairy.

2. Post-Treatment Care:

- A. Immediately after a treatment, remain upright for 4-5 hours -- in order to limit any potential spreading of the Botox/Dysport. You can apply make-up and skin care products following the treatment.
- B. Do not touch or massage the treated area for 4-5 hours after a treatment.
- C. Also during the first few hours, make facial movements (frown or squint) as much as possible -- in order to maximize the results of the Botox/Dysport.
- D. Following your treatment, call the office if you have any questions regarding healing.

3. Treatment Effect/Expectations:

The effect, and duration of the effect of Botox/Dysport is variable from individual to individual, and from treatment session to treatment session:

- a. Each individual's own unique biology, including variations from one anatomic location to another, muscle mass in the treatment area, your rate of metabolism of the Botox/Dysport have an effect on both treatment efficacy and treatment duration. Every body metabolizes medications differently. The Botox/Dysport will have a different effect and duration on each individual, and a slightly different effect at each injection session. Some people require more product to achieve the results they are looking for; there is a fee for touch-up procedures, which just covers the cost of the product. Alternative treatment options can improve your final outcome.

- b. Remember that it takes three weeks for the full effect of the Botox/Dysport injections to occur. If you do not feel the Botox/ Dysport had the result you were looking for, the time for a touch-up re-injection is at the three-week mark. If you have any questions about how the Botox/Dysport reacted, please call at that time.