



BEAUTOX BAR

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BOTOX COSMETIC™ PRE- AND POST-TREATMENT INSTRUCTIONS

Botox Cosmetic™ treatment involves injection of highly diluted, individualized doses of botulinum toxin A into (or near) overactive facial muscles or sweat glands responsible for wrinkles or excessive sweating. Botox® relaxes muscle(s) and/or sweat glands by diminishing their ability to contract.

Pre-Treatment Instructions

Please review these tips before your appointment so we can keep your visit comfortable and help minimize bruising:

- Arrive with clean skin when possible. Avoid heavy makeup; makeup may be removed before treatment.
- Avoid alcohol for 24 hours before treatment when possible.
- Avoid aspirin, ibuprofen (Motrin/Advil), naproxen (Aleve), Vitamin E, fish oil, and similar supplements for about 7 days before treatment if medically appropriate and approved by your physician — these can increase bruising risk. Do not stop any prescribed blood thinner without first consulting the prescribing clinician.
- Tell your provider if you are pregnant, nursing, planning pregnancy, have a neuromuscular disorder (such as myasthenia gravis, Lambert-Eaton syndrome, or ALS), have allergies to botulinum toxin products, have an infection at planned injection sites, had recent facial surgery or procedures, or have other relevant medical history.
- Mention any recent dental work or facial procedures; your provider will advise on timing if needed.
- Eat normally and stay hydrated before your appointment.
- Bring a current list of medications and supplements.
- Questions before your visit? Call us at 763-205-6952.

Post-Treatment Instructions

Following these aftercare steps helps your results settle in smoothly:

- Exercise treated muscles with 10 contractions every 15 minutes for three hours after treatment.
- Do NOT rub or massage treated areas for 24 hours.
- Do not lie down or do strenuous exercise for three hours after treatment.
- Headache and/or flu-like symptoms are possible for about 24–48 hours. Use acetaminophen (Tylenol) only for relief.
- Avoid aspirin-containing products, ibuprofen, Motrin, Aleve, Vitamin E, and fish oil for 24 hours after treatment (these may increase bruising or bleeding).
- Limit alcohol to at most a single drink, glass of wine, or beer for about 24 hours after treatment.
- Redness or marks usually fade within a few hours. There is a slight risk of bruising that may last up to one week (always temporary). Arnica may help and is available for purchase or at most health food stores.

- Full effect can take up to two weeks. If you would like additional relaxation of treated muscles, we can address this at your two-week follow-up.
- Results vary. If there is partial improvement and re-treatment is desired, a second treatment may be performed. There is a subsequent charge for any subsequent treatments.

Your follow-up appointment is scheduled for _____.

- Technique is customized to your individual muscular structure. Over the coming months, muscle activity should recover without skin creasing back to your baseline.
- This is a temporary procedure. Initial results often last about 3–4 months. Maintaining the recommended treatment frequency may extend duration beyond 4 months.
- Repeat treatments when recurrent muscle activity and skin crinkling return for optimal results.

Your next treatment is scheduled for _____.

- If muscle activity or fine crinkling returns before your next treatment date, contact the clinic for an earlier appointment.

Acknowledgment

I have received and understand these Botox Cosmetic™ pre- and post-treatment instructions.

Client Signature:

Date: _____
