



BOTOX® Pre and Post-Treatment Instructions

Pre-Treatment Instructions

- 3 days before treatment, AVOID blood thinning over-the-counter medications such as Aspirin, Motrin, Ibuprofen, and Aleve. These medications may increase the risk of bruising.
- Patients with certain medical conditions may not have this procedure done. These include those with any type of facial paralysis such as Bell's palsy, Guillain-Barre Syndrome and Myasthenia Gravis.
- Patients who are pregnant or breastfeeding should not use Botox®.

Day of Treatment

- Arrive at the office with a "clean face". Please do not wear makeup to your appointment.
- You may experience a mild amount of tenderness or a stinging sensation following injection.
- Redness and swelling are normal. Some bruising may also be visible.
- You may experience some tenderness at the treatment site(s) that can last for a few hours or a few days. You may have bruises in the treated areas. These will fade on their own.

Post Treatment Instructions

- AVOID placing excessive pressure on the treated area(s) for the first 4 hours; when washing your face or applying makeup, be very gentle.
- AVOID exercise or strenuous activities for the remainder of the treatment day; you may resume other normal activities/routines immediately.
- You may take Acetaminophen/Tylenol if you experience any mild tenderness or discomfort after the treatment.
- No laying down for 4 hours after injection to avoid displacing the botox into your eyes.

If you have any questions, concerns or experience any problems, please call our office at 613-749-4668 x 115 or email progress photos: info@inovomedical.ca