



## BOTOX® Pre and Post-Treatment Instructions

Botulinum toxin, often referred to as Botox, is a safe muscle relaxant currently used for a variety of medical problems. This anti-wrinkle treatment consists of injecting small doses of the relaxant into the targeted muscles (forehead, eyebrows, eyes). This relaxes the muscles, which softens expression wrinkles related to muscle movement. Moreover, it leaves the skin smoother overall and even reduces facial perspiration, leaving a more matte appearance.

### 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](mailto:info@inovomedical.ca)