



Pre and Post Injection Instructions for Botox/Dysport/Xeomin

Prior to your treatment:

- Discontinue NSAIDs, such as ibuprofen (Advil, Motrin) aspirin, naproxen, and meloxicam for 5-7 days prior to injection
- If you have been prescribed aspirin or other anticoagulants such as Coumadin, Lovenox, Eliquis, Xarelto, etc. by your health care provider, please consult with your injector prior to your treatment date and **do not discontinue** these medications
- Discontinue vitamins B, C, and E as well as fish oil, biotin, omega-3 fatty acids, or collagen for 5-7 days prior to injection
- Reschedule your appointment if you have an active bacterial, fungal, or sinus infection on or near the areas to be treated
- Reschedule if you have had recent or ongoing dental procedures/dental infections (regular dental cleanings are OK)
- Reschedule your appointment if you are feeling ill and/or have been diagnosed with COVID-19, influenza, etc.

After your treatment:

- DO NOT touch/massage or apply makeup/lotion/sunscreen for at least 24 hours to the areas that were injected. This may increase the risk for infection and/or the spread of products that might lead to an unwanted aesthetic result.
- Avoid bending, lifting, or laying down for at least 4 hours post-treatment
- Avoid exercise for 24 hours post-injection
- Avoid face-down activities such as massages or chiropractic adjustments (and also avoid hair appointments) for 24 hours post-treatment
- Avoid wearing a tight-fitted hat/baseball cap for 4 hours post-injection
- Botox/Dysport/Xeomin usually begins to take effect after a few days with full effect taking 12-14 days, therefore, please be patient with results and schedule a touch-up appointment at or after day 14 if needed**
- Please call our office with any questions or concerns at 303-320-8618