

THE  
**MEDSPA**  AT PSHW  
BOTOX® • NEUROTOXIN

## PRE-TREATMENT INSTRUCTIONS

Avoid the following within 2 weeks of treatment to minimize risk of bruising:  
NSAID medications such as Asprin/Advil/Ibuprofen/Aleve/Motrin etc. Tylenol is ok to take.  
Fish oil/Omega 3  
Vitamin E (multivitamin acceptable)  
Green tea  
Alcohol

## POST-TREATMENT INSTRUCTIONS

Do not rub or massage treated areas.

Maintain an upright posture/do not lay flat for 4 hours.

Avoid exercise for the remainder of the day.

You may experience stinging at the injection site for 10-15 minutes.

Occasional bruising may occur. This will clear up within 7-10 days.

Some patients may develop a headache, which can be treated with ibuprofen or Tylenol. This usually lasts less than 24 hours.

After Botox is placed into the targeted muscles, the weakening effect gradually begins anywhere from 3-5 days and is not complete for two weeks. Therefore, optimal results are not seen for at least two weeks. Please come in for any follow up visits or assessments around this time as needed.

If a touch up is needed, there may be a charge.