

Turner Dermatology

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PRETREATMENT INSTRUCTIONS FOR BOTOX

1. Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may increase the risk of bruising)
2. Avoid anti-inflammatory/blood thinning medications, if possible for a period of AT LEAST one week before treatment. Medications and supplements such as **aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS** can increase the risk of bruising and swelling after injections.
3. Schedule your Botox appointment at least 2 weeks prior to a special event that you may be attending, such as a wedding or a vacation. Results from the Botox injections will take approximately 4 to 7 days to start to appear. Also bruising and swelling may be apparent in that time period.
4. Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish over treatment areas.
5. If you have a history of cold sores please let the doctor know, as anti-viral medication may be needed prior to treatment.
6. If you have history of neuromuscular disease let the doctor know prior to treatment.
7. Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
8. You are not a candidate for treatment if you are pregnant or breastfeeding.

POST-TREATMENT BOTOX

1. Do NOT manipulate the treated area for 4 hours following treatment. Do NOT receive facial/ laser treatments after Botox injections for at least 2 days. Ask your doctor if you are not sure about the time frame of certain services and if they may overlap.
2. Some believe that smiling and frowning right after Botox treatments helps the Botox find its way to the muscle into which it was injected.
3. Do NOT lie down for 4 hours after your Botox treatment. This will prevent the Botox from tracking into the orbit of your eye and causing drooping eyelid (ptosis).
4. It can take approximately 4 to 7 days for results to be seen. If the desired result is not seen after 2 weeks of your treatment you may need additional Botox. Smaller, additional amounts of Botox or “touch-up” may be included from your original visit. However, different treatment areas or increased dosing for desired effect outside of what was reviewed by the doctor will be at additional cost.
5. Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 6 hours after treatment. This helps in keeping the Botox in the specific areas that it was injected and minimizes risk of adverse effect such as ptosis.
6. **Call the office at 212-644-8581 if you are experiencing persistent redness, swelling, blistering, tenderness, or any other concerning symptoms as they may be a sign of infection or allergic reaction.**