

TURNER DERMATOLOGY

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Botox is used as a treatment to reduce the appearance of wrinkles and fine lines by temporarily paralyzing the underlying muscles. When injected into specific areas of the face, Botox can block nerve signals, which relaxes the muscles and smooths out the skin, giving a more youthful appearance. This treatment is particularly popular for targeting dynamic wrinkles, which are caused by repetitive facial movements such as smiling, frowning, or squinting. One of the key benefits of Botox is its versatility. It can be used to address a variety of aesthetic concerns, including forehead lines, frown lines (between the eyebrows), crow's feet (lines around the eyes), bunny lines (lines on the nose), and it can also be used to lift the eyebrows.

Pre-Treatment Instructions for Botox:

- **Skin Condition:** Ensure the treatment area is free of cold sores, inflammatory acne and eczema. If you are getting Botox in the lip area, such as a lip flip, and have a history of cold sores, you should take a prophylactic tablet once a day for 7 days, starting the day BEFORE the procedure.
- **Medications to Avoid:** Avoid anti-inflammatory and blood-thinning medications for 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.
- **Alcoholic Beverages:** Avoid alcoholic beverages 24 hours before and after your treatment to help prevent additional bruising and to improve the overall healing process.
- **Eat Before Treatment:** Have a good meal, including food and drink, before your procedure to decrease the chances of lightheadedness.
- **Neuromuscular Disease:** Inform your doctor if you have a history of neuromuscular disease.

Day of Treatment:

- **Topical Anesthetic:** Anesthetic is not required or recommended for this treatment. If you would still like topical anesthetic applied, please inform the doctor of any allergies to lidocaine, benzocaine or tetracaine.
- **Arrive with a Clean Face:** Makeup and impurities can increase the risk of irritation.
- **Immediate Post-Injection:** You may experience a mild amount of tenderness or a stinging sensation following injection. Redness and swelling are common. A cold pack may be applied to alleviate any sensations.

Post-Treatment Care Instructions for Botox:

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- **Post-Treatment:** A few days after the treatment, you may notice a sensation of heaviness in the injected area. It typically takes Botox 5-10 days to fully settle and show its effects. Bruising, if it occurs, can take up to 7 days to resolve.
- **Avoid Strenuous Activities:** Do not perform activities involving straining, heavy lifting, or vigorous exercise for at least 6 hours after treatment to minimize the risk of adverse effects such as ptosis.
- **Avoid Manipulating Treated Area:** Do not manipulate the treated area for 4 hours following treatment. Avoid facial/laser treatments for at least 2 days.
- **Facial Expressions:** Some believe that smiling and frowning right after Botox treatments helps the Botox find its way to the muscle into which it was injected.
- **Avoid Lying Down:** Do not lie down for 4 hours after your Botox treatment to prevent drooping eyelid (ptosis).
- **Pain Relief:** If not allergic, you may take acetaminophen (Tylenol) for mild tenderness or discomfort. Remember that NSAIDs (things like Aleve, Motrin, Aspirin) can worsen bruising or bring on bruising.
- **Follow-Up Appointments:** Attend follow-up appointments with your healthcare provider to review your progress and discuss any concerns. Generally, Botox is done every 3 to 4 months.
- **Report Any Unusual Reactions:** If you notice unusual redness, swelling, persistent pain, or signs of infection (such as increased redness, warmth, or discharge), contact your healthcare provider promptly.

Remember, individual healing experiences may vary, and it's crucial to follow your provider's specific instructions for optimal results and minimal complications. If you have follow up questions, please call the office at 212-644-8581, M-F 9-5 PM. For after-hours inquiries, the physician's direct contact information is available on our voicemail.

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Skincare Routine Recommendations

The skincare routine outlined below should be done for at least 7 days after your treatment. After the initial 7 days, continue to use SPF daily.

Gentle Cleanser: Use a mild, non-irritating cleanser that is suitable for your skin type. Look for a product that is free of stronger active ingredients (glycolic/salicylic acids), fragrances, and alcohols.

Recommended Gentle Cleansers

CETAPHIL | Gentle skin cleanser
CERAVE | Hydrating Facial Cleanser
LA ROCHE-POSAY | Toleriane Hydrating Gentle Face Cleanser

Moisturizer/Serum: Choose a gentle, hydrating moisturizer or serum that provides adequate moisture without clogging pores or causing irritation. If using both serum and moisturizer, apply the serum first and then the moisturizer.

Recommended Serums

TRNR SKIN | Niacinamide 5% Restorative Serum
LA ROCHE-POSAY | Hyalu B5 Hyaluronic Acid Serum
THE ORDINARY | Hyaluronic Acid 2% + B5 Hydrating Serum

Recommended Moisturizers

TRNR SKIN | Prebiotic Lipid Nourishing Moisturizer
LA ROCHE-POSAY | Toleriane Double Repair Face Moisturizer
CERAVE | Daily Moisturizing Lotion

Sun Protection: Choose an SPF of at least 30. We recommend a mineral sunscreen to help minimize irritation to the skin that a chemical sunscreen may cause.

Recommended Sun Protection

LA ROCHE-POSAY | Anthelios Ultra-Light Mineral Sunscreen SPF 50
LA ROCHE-POSAY | Anthelios Mineral SPF Moisturizer with Hyaluronic Acid SPF 30
SUPERGOOP | Mineral Unseen Sunscreen SPF 40

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