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Before and After Instructions for Botulinum Toxin Treatments

Before Treatment:

- Avoid aspirin (e.g. Excedrin), Vitamin E, St. John's wort, any other dietary supplements including fish oil, ginkgo, evening primrose oil, garlic, feverfew, and ginseng for 2 weeks.
- Avoid ibuprofen (e.g. Advil, Motrin) and alcohol for 2 days.
- Avoid anticoagulants for one week.
- Due to natural bruising and swelling, appointment should be 10-14 days before any special event or vacation.
- If possible, come to your appointment with a cleanly washed face.

After Treatment:

- Do not massage the treated areas on the day of treatment.
- Avoid lying down for 4 hours immediately after treatment.
- Avoid applying heat to the treated area on the day of treatment.
- Avoid activities that cause facial flushing on the day of treatment, including consuming alcohol, hot tub or sauna use, exercising, and tanning.
- Do not wear caps/hats/goggles on day of treatment.
- Avoid facials, chemical peels, and microdermabrasion for 72 hours.
- Gently apply a cool compress or wrapped ice pack to the treated areas for 15 minutes every few hours as needed to reduce discomfort, swelling, or bruising up to a few days after treatment. If bruising occurs, it typically resolves within 7-10 days.
- After treatment, oral consumption and/or topical application of *Arnica Montana* may help to reduce bruising and swelling.
- Botulinum toxin treatment effects take about 1-2 weeks to fully develop and last approximately 2.5-4 months.
- If 1-2 weeks after treatment you feel that you require additional treatment, please contact the office.