

Botox® Cosmetic Pre and Post Care

PRE-TREATMENT INSTRUCTIONS

1. For optimal results and to decrease the chance of bruising at the injection site, please avoid all blood thinning medications and supplements for 1 week prior to your Botox® appointment. Avoid taking Aspirin and non-steroidal anti-inflammatory medications (NSAIDS) such as such as Ibuprofen, Motrin and Aleve. In addition, very high doses of some Vitamins and supplements can thin your blood and increase the chance of bruising. Please notify your provider if you are taking Coumadin, Plavix, or any other blood thinners for a medical condition.
2. You may not be pregnant or nursing.
3. During the course of your treatments, notify our staff of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

DURING TREATMENT INSTRUCTIONS

1. During the course of your treatment your feedback is crucial in order for us to determine the proper and most effective treatment protocols for you. Our staff is always available to respond to any questions, concerns, or comments you may have.
2. Honolulu MedSpa takes every possible precaution to ensure your comfort while undergoing treatments. Our Aesthetic Nurse Specialists have been specifically trained in Dr. Yeo's proprietary "no ouch" technique, which will minimize your discomfort, reduce the risk of bruising, and enhance your treatment outcome.

POST-TREATMENT INSTRUCTIONS

1. **Important Safety Information:** Serious heart problems and serious allergic reactions have been reported rarely. If you think you've having an allergic reaction or other unusual symptoms, such as difficulty swallowing, speaking, or breathing, call your doctor immediately. The most common side effects following injection with Botox® Cosmetic includes temporary localized pain, inflammation, tenderness, swelling, redness, and /or bleeding/bruising. Additional temporary side effects may include infection at injection site, eyelid droop and nausea. Patients with certain neuromuscular disorders such as ALS, myasthenia gravis, or Lambert-Eaton syndrome may be at increased risk of serious side effects.
2. **To avoid bruising,** avoid alcohol consumption for a minimum of 6 hours and refrain from taking blood thinners such as Aspirin and NSAIDS for several days. Tylenol is recommended if needed for discomfort.
3. **To maximize your results and prevent adverse effects:**
 - a. Stay in erect posture for 4 hours after treatment.
 - b. Avoid rubbing, massaging, or scrubbing injection sites for 24 hours after treatment.
 - c. You may exercise facial muscles (squinting/scowling/smiling) for 4-8 hours following your Botox® treatment if desired.
 - d. Avoid direct high heat (blow dryer, sun exposure, sauna, steam room, very hot shower, hot yoga, strenuous exercise, etc.) for 24 hours after treatment.
 - e. Makeup may be applied immediately after the treatment if desired.
4. **No facials, chemical peels, or laser treatments for 3 days after the Botox® treatment.** Facials, chemical peels, laser, and light treatments may be done immediately prior to the Botox® treatment. JUVÉDERM® XC may be injected immediately before or after Botox®; if you have any questions regarding this, please ask your provider.
5. **Follow up Appointment:** If the desired level of correction has not occurred by day 14, additional Botox® may be needed. If you have any questions, prospective adverse reactions, or concerns regarding your Botox® treatment, including that the treatment "didn't work," you must contact Honolulu MedSpa within 2 weeks from the time of treatment to make arrangements to be evaluated by a medical provider. If you do not contact Honolulu MedSpa within 2 weeks from the time of treatment then Honolulu MedSpa may not be able to accurately determine whether my question or concern is directly related to the procedure. Please note: Additional units of Botox® will be charged at the current Botox® price.
6. **Botox® Cosmetic** relaxes muscles to smooth away dynamic forehead lines and crow's feet, however, Botox® does not remove static or "fixed" lines. If you still have visible fixed lines after your Botox® Cosmetic has taken full effect, you may need additional treatments such as Pixel Fractionated Laser Skin Resurfacing to smooth the skin and create new collagen and/or specialty homecare products such as SkinMedica TNS Essential Serum, SkinMedica Line Refine, SkinMedica Retinol Complex, etc.
7. **Botox® Cosmetic lasts 3-4 months on average.** It is not necessary to wait 3 months to return for treatment; you may return for your next Botox® treatment as soon as there is more movement or wrinkles in the treatment area than you would like. It is recommended at the time of your treatment to schedule your next appointment for optimal anti-aging and preventive benefits.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT US IMMEDIATELY AT 528-0888.