

Cosmetic Botox Pre & Post Care

Pre care instructions*

- To help reduce the temporary bruising with Botox, it is suggested to stop any aspirin or blood thinning medications, with your doctor's permission, one week prior to treatment.
- Preferably, moderate consumption of alcohol one week prior to treatment.

*Note: Having taken aspirin or consumed alcohol does not mean you cannot have the Botox treatment; it increases the risks of bruising, which does resolve on its own. Ice packs will be used to decrease risk.

What to do after your Botox injections:

- Do not lie down for 2 hours after the treatment.
- Do not massage the treated muscles; this can cause the Botox to spread to the muscles around the eyes.
- Exercise the muscles every 15 minutes, 1 – 2 hours after the treatment - the Botox attaches better to the muscles. Do frown, wrinkle up 5 times every 15 minutes.

Possible side effects:

- There is a possibility that the first treatment may not result in the results you anticipated and discussed in your consultation. Occasionally a touch-up may be necessary. Call and discuss this with Dr. Ortenzi at 770-262-7431.
- One in ten patients will develop a small bruise, which may take 1 – 2 weeks to resolve. But it will resolve on its own.
- You might experience a headache after the injection. Take an over-the-counter pain reliever such as Advil or Aleve.