



ALASKA FACIAL PLASTIC SURGERY & ENT
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Botox Pre and Post Care Instructions

Pre-Treatment

1. Do not consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising).
2. Avoid anti-inflammatory/blood thinning medications, if possible for a period of 2 weeks before treatment. Talk to your prescribing provider to see if you can be off of Coumadin (warfarin), Pradaxa, Lovenox, Aspirin, Motrin, Advil (ibuprofen), and Aleve (naproxen). Alcohol, green tea, and supplements containing Vitamin E, ginseng, garlic, kava kava, celery root, fish oil, flaxseed oil, krill oil, glucosamine, and chondroitin may also thin your blood and should be avoided. Tylenol (acetaminophen) is considered safe.
3. Discontinue Retin-A 2 days before and 2 days after treatment.

Post-Treatment

1. Do not manipulate the treated area for 4 hours following treatment.
2. Do not do strenuous exercise or perform activities involving straining, heavy lifting, or vigorous exercise for 6 hours after treatment. This will keep the Botox in the injected area and not elsewhere.
3. Do not lie down for 4 hours after your treatment. This will prevent the Botox from tracking into the orbit of your eye and causing drooping eyelid.
4. Do not have facials or saunas for 4 hours after your treatment. This will also prevent your blood pressure from rising and thus minimize the risk of temporary bruising after treatment. Feel free to shower and go about most other regular daily activities.
5. Please be aware that some, though very few patients, experience a mild headache. You may take Tylenol to help with this for pain relief.
6. Be assured that tiny bumps or marks will go away within a few hours. There is a small risk of bruising. If this occurs, do not worry since it will only be temporary and may last up to one week.
7. After Botox is placed into the targeted muscles, the weakening effect gradually begins. It can take approximately 4 to 7 days for results to be seen and may take up to 14 days to take full effect. If the desired result is not seen after 2 weeks of your treatment you may need additional Botox.
8. Botox will last at least 2-3 months at first. However, if you maintain your treatment appointments with the frequency recommended, the duration of each treatment result may last longer than four months.
9. If you have any questions or concerns regarding your recent injections, please contact our office.