



BOTOX® INFORMATION AND INSTRUCTIONS

BOTOX is a brand name for *onabotulinumtoxinA*, a neurotoxin that blocks nerve activity in the muscles, causing a temporary reduction in muscle activity. You are then unable to make the (i.e. squinting) expressions that create the wrinkles. Deep lines will not disappear completely.

Side effects of BOTOX can be bruising, slight swelling at the site of injection and, in less than 2% of patients, a temporary eyelid ptosis (droop). If ptosis occurs please call the office. We have found strict adherence to our restrictions reduces this risk.

The effects of BOTOX become apparent 5 to 14 days after injection and generally last 3 months. If after two weeks you see no improvement please call the office. If your neckbands are injected, it is normal to experience tightness in the area for several hours after injection.

RESTRICTIONS

You may not do the following for 4 hours after being injected to prevent a possible eyelid droop:

- **no** leaning forward or lying down- your head must remain upright
- **no** makeup (on or near injected areas)
- **no** shoe shopping, etc
- **no** touching the area
- **no** showers
- **no** hair washing
- **no** clothing changes
- **no** hair color
- **no** long walks
- **no** hair blow drying
- **no** cooking over a hot stove
- **no** exercise
- **no** hats

You may not receive botox injections if you are trying to conceive, pregnant or breastfeeding.

You can travel by airplane 4 hours after being injected.

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MEDICATIONS TO AVOID

The list below indicates medications and nutritional supplements to avoid 10 days before and 3 days after procedures. These are some of the many medications and nutritional supplements that promote bleeding and bruising.

If any of these medications listed below were prescribed by a physician for a medical condition DO NOT stop taking!

Please inform the office first.

- Advil
- Aleve
- Anti-Inflammatory Medications (Celebrex)
- Aspirin
- Blood Thinners (Coumadin, Warfarin, Lovenox)
- Cinnamon
- Fish Oils
- Ginger
- Ginkgo Biloba
- Ginseng
- Green Tea
- Juicing/Juice cleanses
- Motrin
- Multivitamins/Vitamin pack
- Omega 3
- Red/Rose Wine/Tinted alcohol
- St. John's Wart
- Vitamin E

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