



Botox®/Dysport®/Xeomin® Treatment Instructions

Pre-Treatment:

- Avoid any blood thinners such as alcohol, ibuprofen, aspirin, naproxen, fish oil, etc. 24hrs prior.
- Wait at least 10-14 days after any chemical peel, laser, or microneedling treatment before treatment.
- Please inform your provider if you have a history of cold sores or any active infections or skin cancer.
- If you need to cancel/reschedule your appointment, please provide a 48 hour notice to avoid any fees.

Post-Treatment

- The weakness in the muscles and softening of visible lines will begin to take effect by day 5, and maximum effect is typically seen 2-weeks following treatment.
- Some redness, bruising, pin-point bleeding and swelling are to be expected and typically resolves within 2-5 days.
- You may apply a clean ice pack to the treated areas following treatment for comfort.
- Remain upright for the first 4 hours to prevent movement of the product to adjunct muscles.
- Do not apply any make up for at least 24 hours.
- Avoid swimming, vigorous exercise, hot tubs, saunas, and steam rooms for 24 hours.
- Do not massage/rub area or lay face down on the area that was injected for 7-days.
- Wash face gently for the next 2-weeks following treatment and avoid facial massage (gua-sha)
- If a touch-up treatment is needed, please schedule within 2-3 weeks after initial treatment.

If you have any questions or concerns pre/post treatment, please contact our office at 503-699-6464

After Hours: 503-238-8369



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