



REVIVAL DERMATOLOGY

Post Procedure Instructions

BOTOX/DYSPORT

BEFORE YOUR APPOINTMENT:

It is recommended to schedule your appointment 1 month prior to a special event, as it takes 2 full weeks for the effect to occur and to give yourself time for a tweak appointment if that becomes necessary.

Remember that bruising can occur from the treatment. We use very small needles to inject the botox! Discontinue blood thinners such as aspirin, ibuprofen, St. Johns Wort, fish oil, Vitamin E, Ginger, Ginkgo Biloba or ginseng for 7 days unless you have been prescribed these by a physician.

Take Arnica Montana and/or Bromelain (found naturally in pineapple or as a supplement) 1 day before and for 7 days after your injections to minimize bruising and swelling.

AFTER YOUR APPOINTMENT:

- DO make facial expressions (frown, smile, raise your forehead) for the hour after your treatment.
- Do NOT lay down or bend over for at least 4 hours after your treatment.
- Avoid alcohol, strenuous activities or excessive heat exposure for 24 hours
- Do not massage, manipulate the injection sites or have a facial or massage for 2 days.
- Take Tylenol if you experience any discomfort or a headache after your treatment.
- It will take 5-7 days for you to see improvement, and full effect occurs at 2 weeks.
- After 2 weeks, DO call us if you are not completely satisfied with your results. We want you to have an outstanding result, and can perform a touch-up at this point if necessary. Your 2 week “touch-up” appointment is especially important if this is your first treatment here. This will help us determine the exact number of units necessary for your face so that future appointments will give you your best result.
- Botox appointments are ideally scheduled 3 months apart. This is because our goal is not to completely freeze your facial expressions. Try to have your next treatment before the results return completely to baseline. If your results are not lasting, we may need to tweak the number of units used.

