



## **Botox/Dysport**

### **Pre-Treatment Precautions**

- Avoid alcoholic beverages (within 24 hours of treatment)
- Avoid Anti-inflammatories (such as ibuprofen, motrin, advil, aleve, etc.), aspirin, vitamin E, fish oil, flax seed oil, cod liver oil and Ginkgo Biloba one week prior to treatment if desired in order to reduce possible bruising.

### **Post-Treatment Instructions**

- Do not lie down for 3-4 hours after treatment
- Facial exercise in the area of treatment is recommended (frown/smile for one hour)
- Avoid manipulation of the area for 4 hours