



BOTOX /DYSPORT Pre & Post Care

*Cannot receive if you are pregnant or breastfeeding

*Schedule important events 7-14 days after treatment. Botox takes 2 weeks to peak and you may have some initial bruising, although it's unlikely.

Pre-Treatment

- AVOID anti-inflammatory, blood-thinning medications two weeks before treatment. Such as aspirin, ibuprofen, omega-3s, St. John's Wort, Vitamin E, Gingko Biloba, etc..
- AVOID alcoholic beverages for 24 hours before your appointment. Alcohol can thin the blood and increase bruising.
- You can start Arnica supplements a week prior to injection to help with post injection bruises. Arnica helps to speed up the fading away of bruises.
- If you develop a cold/flu, infection, blemish, or rash, etc. in the area to be treated prior to your appointment, we recommend that you please reschedule your appointment until it resolves.

Treatment Day

Come to the appointment with a clean skin in the area receiving the treatment, no lotion. Cleansing products are available for your convenience, please arrive 10 minutes early if you need to wash your face.

What to Expect

Visible bumps may be seen at the injection site. Do not lie down for four hours after injection. Do not massage the treatment area, No exercise for 24 hours, No Strenuous exercise for 3 days. Botox treatments can be received every 3 months.

Aftercare

- Visible bumps may be seen at the injection site. These are normal and may last up to a few hours.
- Botox/Dysport will start to work in 2-7 days and peak in about 2 weeks. Please note, if additional product is needed, it will not be injected until 14 days after your initial injection.
- Do not lie down for 4 hours post injection.
- Do not massage the treatment area.
- Do not do strenuous exercise for 24-48 hours following your injection.
- Do not get a massage, do microdermabrasion, microneedling or any other activity that may elevate your core body temperature or blood pressure.
- If your forehead was treated, do not wear a hat or headband for 48 hours.
- You may cleanse your face normally this evening but please do not massage the injected area.
- If you routinely use a Clarisonic brush, do not use tonight. Also, do not use any abrasive scrub or exfoliants.
- Bruising may be seen. This happens in a small percentage of treatments but will not affect your treatment results.
- There also may be some discomfort associated with it. Bruising should resolve in one week. The use of Arnica Montana (available at health food stores and at Cheeky) may help with bruising. It is available both topically (as a gel) and orally.
- Cosmetics, moisturizers, lotions may be used the next day, but do not apply with extreme pressure or do anything that may cause discomfort.
- Exercising the muscles in the treated area may help the product get into the muscle faster, but has no effect on the overall efficacy of the treatment. (you can "make faces" up to 10 times per hour for the first few hours after treatment).
- Headaches may be a possible side effect. Ibuprofen (Advil, Motrin) or acetaminophen (Tylenol) may be used as needed and according to dosing recommendations on the package.
- Sensitive or blurry vision is possible for 2-3 days post treatment. Wear sunglasses and moisturize eyes with moisturizing eye drops.
- Flu-like symptoms are rare, but may last 2-3 days. Fluids, rest and Tylenol/Motrin may be used.
- Any symptoms or problems other than those listed above should be reported to Cheeky Medspa and/or your doctor.

Please contact Cheeky Medspa at (907) 252-3198 if you have any questions, concerns, or compliments regarding your treatment.