



BOTOX FOR HYPERHYDROSIS 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

The area being treated should be clean, free of any lotions or deodorants, and shaven if applicable.

What to Expect

Recovery is relatively easy and uneventful, although some individuals may experience injection site discomfort and bleeding in the treatment area.

Aftercare

- The treatment area may feel sore and or tender for the first 12 hours. Occasionally, some patients describe a tiredness or heaviness of the arms which usually resolves within a few days from occurring.
- Results should be evident within a week. The treatment may not completely stop any sweating, but we expect the sweating to be significantly reduced. Sometimes an additional treatment is required to achieve optimal results.
- Keep the area clean. You may apply antiperspirants as soon as the skin has recovered from the injections- usually within 4-12 hours.
- AVOID vigorous exercise or extreme heat for 48 hours after treatment.
- Should you experience any unpleasant side effects that you are not expecting, or suffer symptoms that concern you, please do not hesitate to contact Cheeky Medspa.
- Treatment results are expected to last approximately 7 – 12 months. For some individuals this may be shorter, or even longer. Once the Botox® wears off, your condition will return to its previous state as there is no permanent effect on your condition with this treatment.

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