



melinda menezes, MD

BOTOX® Pre and Post Treatment Care Instructions

BOTOX® Cosmetic (onabotulinumtoxinA) is a prescription medicine that is injected into muscles and used to temporarily block muscle contraction to improve the appearance of wrinkles.

Pre Treatment Instructions

- 1 week prior
 - Avoid: All OTC pain medicines (like Aspirin or Advil), All vitamins and supplements, garlic, Ginger and Green Tea
- 2 days prior NO ALCOHOLIC BEVERAGES
- Sunburned skin is difficult to treat, so avoid sun exposure to the area to be treated
- Avoid the use of alpha hydroxyl acids higher than 10% and avoid Retinoids such as Tretinoin, Retin-A, Renova, Differin, Tazorac, Triluma
- Do NOT use Botox if you are pregnant or breastfeeding

Post Treatment Instructions

- During the first 4 hours after treatment:
 - Do not rub or massage the treated areas
 - Do not lie down
 - Avoid exercise or yoga
 - Avoid facials or saunas
- It is OK to shower and go about most regular daily activities
- Tiny bumps and marks will go away within a few hours of treatment
- Results of the treatment may take up to 14 days to take full effect