Pre Botox/Xeomin/Dysport Instructions

1. Avoid aspirin/Aleve for 10 days prior to treatment.

2. Avoid the following for 7 days prior to treatment: Advil/ibuprofen or Motrin; Vitamin E supplements, Alcohol, Garlic supplements

**Inform your physician if you need one of these medications for other medical purposes**

3. Skin must be healthy and intact at time of procedure, inform our office if you are ill or have any active infections or rashes as this may be a contraindication to treatment.

Post Care Instructions for Botox/Xeomin/Dysport

1. Avoid exercise for 24 hours

2. Avoid face down position on a massage or chiropractic table for 24 hours.

3. No Clarisonic facial cleansing for 24 hours

4. Resume normal facial cleansing and moisturizing: do not massage excessively

5. Contract the muscles every 30 minutes 5 or 6 times to move Botox into the muscles.

6. If you have any unusual symptoms including difficulty swallowing or breathing go to the ER and call the office.

**Call the office with any questions or concerns 978.369.9023, there is always a doctor available 24 hours a day**