

**DERMATOLOGY  
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**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 \*\***