



CENTRAL
MEDISPA
AT ESPRIT
HEALTH CLINIC

309 S Central Ave.
Sidney, MT 59270
406-488-5000

PRE- AND POST-CARE INSTRUCTIONS FOR BOTOX INJECTIONS

- **7 days before**
 - Avoid over-the counter blood thinning medications such as anti-inflammatory drugs (ibuprofen, Motrin, Advil, Aleve, Midol, Etc.), aspirin, Vitamin E, Ginko Biloba, St. John's Wart, & Fish Oil/ Omega 3s.
 - Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising.
 - Inform our clinical team if you have a history of cold sores to receive advice on possible antiviral therapy prior to treatment.
 - Do not use Botox if you are pregnant or breastfeeding, are allergic to any of its ingredients (eggs!), or suffer from any neurological disorders. Please inform us if you have any questions about this prior to the treatment.
- **3 days before**
 - Avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha-Hydroxy Acid, or other "anti-aging" products. Also avoid waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- **Day Of/ Immediately Before/ During Treatment**
 - Arrive at Esprit with a "clean face". Please do not wear makeup. You may bring your own makeup to apply after your treatment. We do provide makeup wipes if you are unable to cleanse before you arrive.
 - You may experience a mild amount of tenderness, crunching or a slight stinging sensation with each injection.
 - Redness and swelling are normal. Some bruising may also occur.
 - You may experience some tenderness at the treatment site(s) that can last for a few hours or a few days.
 - You may have bruises in the areas treated.
- **After**
 - It is best to try and exercise your treated muscles for 1-2 hours after treatment (practice frowning, raising your eyebrows, & squinting). This helps to work Botox into your muscles.
 - Stay upright for four (4) hours following the treatment. DO NOT "rest your head" or lay down; sit upright!
 - You may gently apply an icepack for a brief period of time or take Acetaminophen/ Tylenol if you experience any discomfort.
 - Once any pinpoint bleeding (if any) from the injection sites have subsided, you may begin wearing makeup.
 - Avoid placing excessive pressure on the treated area(s) for the first few days; when cleansing your face or applying makeup, be very gentle.
 - Remember to be gentle when touching the newly treated areas.
 - Avoid exercise or strenuous activities for the remainder of the treatment day; you may resume other normal activities/ routines immediately.
 - Avoid extended UV exposure until any redness/swelling has subsided. Apply an SPF 30 or higher sun screen.
 - Wait 24 hours (or as directed by clinician) before receiving any skincare or laser treatments.
 - You will not see an immediate improvement in the treatment areas. Most patients start seeing benefits as early as 3 days and up to 14 days after Botox injections. The results last 3-4 months. However, results do vary and supplemental "touch up" treatments may be required to achieve and maintain optimal results as early as 2 weeks.

**Please contact us at (406)488-5000 or info@esprithealthclinic.com
if you have any questions or concerns.**

www.esprithealthclinic.com