

# BOTOX/XEOMIN

## PRE & POST PROCEDURE



### **5-7 DAYS PRIOR TO PROCEDURE**

Stop all aspirin, anti inflammatories (Advil, Motrin, Aleve, Celebrex, Mobic, etc.), Vitamin E, Fish Oil, Omega 3, St, John's Wart, and Multi Vitamins containing Vitamin E. This will help reduce the risk of bruising. You may resume these products 24 hours after the procedure. If you need a pain reliever, take Tylenol or acetaminophen.

### **FOR 24 HOURS AFTER PROCEDURE**

No strenuous, jogging, pounding exercising, heavy lifting, massages where the face has to go into a cradle, or tight fitting hats or bands.

### **FOR 48 HOURS AFTER PROCEDURE**

No flying in an airplane.

Most results from Botox/Xeomin are not noticeable until 7-10 days after injection.

**DO NOT RUB AREAS UNLESS INSTRUCTED TO DO SO BY THE DOCTOR**