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Cosmetic Botox Pre & Post Treatment Care Sheet

Before Treatment

- Avoid the use of Aspirin, NSAIDS, and certain vitamins/supplements such as fish oil, St. John's wort, ginkgo, evening primrose oil, garlic, feverfew, and ginseng for 2 weeks before your treatment as they will increase your risk of bruising.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment.
- You may take *Arnica montana* tablets (an over the counter supplement) 2-3 days prior to your appointment to reduce the risk of bruising.
- If possible, come to your appointment with a cleanly washed face.

After Treatment

- Do not bend over (squat only, no bending) for 24 hours after treatment.
- Do not rub your eyes or massage the treated areas on the day of treatment.
- Avoid lying down for 4 hours immediately after treatment.
- Avoid activities that cause facial flushing on the day of treatment, including consuming alcohol, hot tub or sauna use, exercising, and tanning.
- Gently apply a cool compress or wrapped iced pack to the treated areas for 15 minutes every few hours as needed to reduce discomfort, swelling, or bruising. If bruising occurs, it will typically resolve within 7-10 days.
- After treatment, oral consumption and/or topical application of *Arnica montana* may help to reduce bruising and swelling.
- Botox treatment effects take 1-2 weeks to fully develop and last approximately 2.5 – 4 months.
 - If 2 weeks after treatment you feel that you require a touch-up, please contact our office.

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