



Botox Pre/Post Care Instructions

Pre-Care

- 2 Weeks Prior to Appointment:
 - Avoid any dental work (including cleanings), vaccinations and antibiotics.
- 5-7 Days Prior to Appointment:
 - STOP Vitamin E, fish oil, Ginkgo Biloba, Glucosamine, green tea, garlic, and St. John's Wort.
 - Limit alcohol, Ibuprofen and Aspirin consumption.
- Please Inform Emerge if:
 - Pregnant or breastfeeding.

Post-Care

- Day 1:
 - First 5-6 hours: NO laying down or bending over for prolonged periods (keep your head above your heart).
 - NO tight fitting hats 4-6 hours after.
 - NO strenuous exercise, prolonged sun exposure, or excessive alcohol intake in the first 24 hours.
- Days 2-3:
 - Refrain from massaging or firm pressure on the treated area.