Pre & Post Botox/Dysport Treatment Instructions

Pre-Treatment Recommendations:

- Avoid taking aspirin, nonsteroidal anti-inflammatory medications, St John's Wort, Omega 3 fatty acids (fish oil), and Vitamin E supplements for five days prior to treatment to reduce the risk of bruising and bleeding at the injection site.

- Avoid alcohol 24 hours prior to treatment. This will also reduce the risk of bruising and bleeding

Post-Treatment Recommendations:

1. For the Botox/Dysport to settle in specific muscles, it is important to continue to move the areas that have been treated to "work the toxin into the muscles." Make facial expressions that move the muscles treated every 10 minutes for 2 hours

2. Keep upright for four to six hours after the injections. This is very important to minimize the toxin from flowing back to migrate to unwanted areas creating eyelid droop (ptosis). Avoid lying down or leaning forward.

3. Other activities to avoid in the first four to six hours include:

No exercise	No wearing hats
No long walks	No hair washing or blow-drying
Do not touch/massage injected area	No showers
No air travel on the first day of treatment	

4. Results may take 7-14 days to maximize and be readily noticed. **Wait at least 1 week after your injection to evaluate the success of the treatment.**

5. **If you should have an after hours emergency, please contact PURE's Medical Director, Julie Acarregui at 208-794-0169.**

Client Satisfaction

The effect of Botox/Dysport is not permanent and will need to be repeated to maintain its effectives. It may take up to 14 days after an injection session to see optimal results. If the client does not get desired results within 14 days, they may need to schedule a follow-up appointment. Touch up services in the same area treated will be performed up to 30 days following the original treatment for a minimum fee of $50 or $7 per unit-Botox and $2 per unit-Dysport.

I have read and received a copy of the Botox/Dysport Care Instructions.

Client Signature	**DOB** **Date**
PURE Representative	**Date**