



Pre & Post Botox Instructions for Patients:

Pre-Botox:

1. Medication: Avoid taking anti-inflammatory drugs (ibuprofen, aspirin) and vitamin E for two weeks prior to the procedure to reduce the possibility of bruising and bleeding.
2. Alcohol: Do not consume alcohol for at least one week before your treatment.
3. Skincare Treatments: Avoid any type of facial or skin treatment including microdermabrasion, peels, facials, etc., for at least 48 hours before your treatment.
4. Clean Skin: Please come with a clean face - no makeup on the day of the procedure.
5. Medical History: If you have a history of cold sores, please inform your doctor as they may prescribe medication to prevent an outbreak.

Post-Botox:

1. No Touching: Do not touch, rub, or apply pressure to the treated areas for at least 4 hours after your treatment. This can cause the Botox to spread to unwanted areas.
2. Stay Upright: Avoid lying down or bending over for a minimum of 4 hours after treatment.
3. Exercise: Refrain from strenuous activities and exercise for 24 hours after treatment.
4. Heat Exposure: Avoid excessive heat such as saunas, hot tubs, or direct sunlight for at least 24 hours post-treatment.
5. Follow-up: Schedule a follow-up appointment for two weeks after your treatment for a check-up and any necessary touch-ups.
6. Side Effects: If you experience any severe side effects such as difficulty breathing, speaking, or swallowing, contact your doctor immediately.

Remember, results will typically begin to show in 5-7 days after treatment, but full results may not be visible until two weeks post-treatment.

Thank you for choosing Esprit Health Clinic for your wellness and aesthetic needs!