



MANDALA  
AESTHETICS

## Pre and Post Aesthetic Injection Instructions BOTOX

### Pre Treatment

- ❖ Please discontinue any blood thinning medications at least 7-10 days prior to your treatment. These include but are not limited to: Aspirin, Motrin/Ibuprofen/Advil, Aleve/Naproxen. If you take prescription blood thinners (ex: Coumadin, Xarelto, Plavix) check with your prescribing provider about whether you may temporarily discontinue
- ❖ Please discontinue all supplements at least 7 days prior to treatment
- ❖ Discontinue Retin-A (tretinoin) at least 2 days before and 2 days after treatment
- ❖ If you have an upcoming special event/vacation, ideally schedule your injection appointment at least 2 weeks in advance for Botox. Common side effects after injections include bruising and soreness, especially injections around the mouth, forehead and eye regions

### To minimize your chance of bruising

- ❖ Start taking arnica a few days before and continue a few days after treatment. Arnica montana is an herbal ointment or oral capsule and can be used as an anti-inflammatory and may minimize bruising
- ❖ Eating pineapple (or drinking pineapple juice) may also reduce bruising. Bromelain is an enzyme in the pineapple that has anti-inflammatory properties, among many other health benefits, and may aid in recovery
- ❖ Avoid alcohol for at least 24 hours prior to and after treatment

**Post Treatment:** You have received a neuromodulator (Botox) treatment. The effects of Botox are not immediate. It will take 2 weeks for full effect. In some cases, a touch-up will be required after 2 weeks

- ❖ You may gently apply cool compresses to the treated area as this helps reduce swelling and the potential for bruising (avoid pressure and direct ice/frozen packs directly on the skin)
- ❖ Best to avoid applying makeup or lotions for a few hours after treatment. Makeup should only be applied after any pinpoint bleeding from the injection sites subsides
- ❖ Do not rub or massage the treated areas today. When cleansing your face or applying makeup, use gentle, sweeping motions to avoid excessive mobility of the areas
- ❖ Avoid strenuous exercise for the remainder of the treatment day
- ❖ Avoid sleeping on your face for 48 hrs as much as possible after treatment
- ❖ You may take Tylenol (acetaminophen) if you experience any mild tenderness or discomfort. Avoid aspirin or NSAID products as they may increase your potential to bruise
- ❖ Avoid extended UV exposure or excessive heat for at least 24 hrs (includes hot yoga and saunas)
- ❖ Bruising may be visible initially, then may become more obvious the following day. By 2 weeks, bruising will have faded