

INJECTABLES: BOTOX® / DYSPORT

Treatment Information

BEFORE AN INJECTABLES APPOINTMENT

- Book your procedure to take place during a time of day when you have already finished all exercise, strenuous activity, facial massage, and exposure to high-heat environments (i.e. hot yoga studio, hot tub, sauna etc).
- 14 days before, avoid anything that causes skin irritation (i.e.. chemical peels, microdermabrasion, laser treatments, etc.) Reschedule if you feel unwell (from a vaccine or common viruses).
- 7 days before, avoid blood thinning medications like ASA (aspirin), ibuprofen (e.g. Motrin, Advil), naproxen (Aleve), herbal supplements (i.e. garlic, ginseng, ginkgo biloba, St. John's Wort, omega-3) and vitamin.
- 24 hours before, do not drink alcohol.

DURING AN INJECTABLES APPOINTMENT

- Our injection nurse will do a full mapping on the targeted area to assess the points for injection. Your skin area will then be gently cleaned, marked, and you'll be ready to receive your injection.
- You will feel a slight pinching when the needle breaks the skin, but that will not last long. A topical anesthetic is sometimes used to prevent any pain associated with injections.

AFTER AN INJECTABLES APPOINTMENT

- Small amounts of swelling, temporary bumps, redness, bruising, a mild to moderate headache, and sensations such as tingling or mild itching.
- For 24 hours, do not apply makeup over the injected area (risk of infection).
- Only touch the injected area with clean hands, clean makeup tools, and clean towels.
- For four hours after treatment, stay upright (sleeping on your face may cause unwanted results).
- For the rest of the day:
 - Avoid wearing tight caps/hats around the injected areas.
 - Avoid pressure on the injected areas. If the area around the eyes was injected, use gentle strokes away from the eyes when cleansing your face.
 - Avoid alcohol, strenuous exercise, exposure to UV radiation, and high-heat environments.
- For the next two weeks, avoid facial massages and anything that causes irritation to the skin of the treated areas.
- To protect your results and reduce the risk of unwanted side effects, book a follow-up exam before you leave the clinic (due 14 days after treatment).
- Changes will appear in around 7-10 days, but the peak effect occurs by day 14.
- Results will continue to improve over the next four weeks and wear off after three months (on average).
- *Contact us:*
 - If you develop a side effect, such as dry eye, droopy eyelid, heavy brow, "Spock" eyebrow, or an infection.
 - If you experience any other side effects, which you think are important.
 - If you also see your family doctor, a walk-in clinic doctor, or go to the ER.