

A. JOSHUA ZIMM M.D., P.C.
FACIAL PLASTIC & RECONSTRUCTIVE SURGERY

**Pre and Post Treatment Instructions for
Botulinum Toxin Type A Injection
(Botox®, Dysport®, Xeomin®)**

Pre-treatment Instructions:

- Avoid anti- inflammatories (such as ibuprofen, Motrin, Advil, Aleve, etc) aspirin, vitamin E, Ginkgo Biloba one week prior to treatment, in order to reduce the possible side effects of bruising/swelling in the areas of treatment
- Avoid Alcoholic Beverages (within 24 hours of treatment)
- If you tend to bruise easily, you may take Arnica Montana (SinEcch™) immediately after your treatment. For the remaining pills, please follow the directions behind each capsule. You can obtain Arnica without a prescription at some pharmacies and most health food/ nutritional supplement stores.

Post-treatment Instructions:

- Facial exercise in the area of treatment is recommended (frown/smile for 1 hour)
- Avoid manipulation of the area (saunas, hot tubs, or tanning beds) for 4 hours
- Do not lie down flat for 4 hours
- Avoid strenuous exercise for 24 hours
- Avoid facial massages for 48 hours
- Treatment effect may take 3-8 days
- A follow up aesthetic enhancement may be necessary in 1-2 weeks.
- The benefits usually last 3-4 months.
- Make a mental note of the effect achieved. Injection sites and dosages can be altered to achieve the ideal result for you.

Follow-up appointment:

- Your follow up appointment in the office will be 7-10 days post treatment after your first treatment, and as desired or required after subsequent treatments
- You may wish to schedule your next appointment for 3 months
- If you have any questions or concerns, please call us at 212-327-4600