

SOUTHWEST SKIN SPECIALISTS

PREPARATION FOR COSMETIC BOTULINUM TOXIN TREATMENT (BOTOX® COSMETIC, DYSPORT®)

- **AVOID aspirin, fish oil (omega-3 fatty acids) and ingestion of large amounts of fish,** flax seed oil, Vitamin E supplements, garlic supplements, St. John's Wort, ibuprofen (e.g. Advil, Motrin) and naproxen (e.g. Naprosyn, Aleve) one week prior to your treatment. These increase the risk of bruising.
- *If you are having treatment of the lip area and you are prone to cold sores (recurrent herpes simplex viral infections),* begin taking your antiviral medication on the morning of your procedure (e.g., Valtrex®, Famvir®, Zovirax® or acyclovir). Like other procedures involving facial skin, Botox® treatments around the lip area can trigger a flare of your cold sores.
- *If you are having treatment for axillary sweating:* at your **consultation visit**, we will perform a "starch-iodine" test, a painless skin test which defines the area of overactive sweat glands. This test allows us to optimize your treatment.
 - **Do not apply antiperspirant the day before or the day of your consultation visit.**
 - Shave your underarm area on the morning of your visit.
 - Do not exercise or drink hot liquids 30 minutes prior to your appointment.Once this test has been documented in your record, we do not need to repeat it.
- Most treatments are performed with little discomfort without the use of numbing creams. If you would like to use a numbing cream (especially if you are having treatment around the lips), we can prescribe EMLA® or you may purchase ELA-Max® 4 or 5 or L-M-X 4® without a prescription. You may apply the cream 30 minutes prior to the appointment and can wipe off the excess cream prior to coming to the office.

AFTERCARE (for patients who have had treatment for facial wrinkles)

- **For one hour, actively use the treated muscles** (frown, squint, pucker, etc). The muscle contractions enhance the uptake of medication into the treated muscles.
- During the first hour after your treatment: **keep your head upright** as much as possible (don't lay down or bend over for a prolonged period of time).
- During the 4 hours after treatment: you may pat on makeup, sunscreen, etc. and wash as usual; however, **do not rub or massage the treated areas**. Avoid hats/headbands which may press tightly on the treated sites.