



BEAUTY.NURSE.REGINA  
MEDICAL AESTHETICS

 @beauty.nurse.regina

**Sperling Medical Associates**

*Board Certified Family Practice/Internal Medicine*

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**Botulinum A Toxin (Botox) Post-Treatment Instructions**

1. Do NOT lie down flat or bend forward, touch, or rub the treated areas for at least 4 hours.
2. Avoid Aspirin, Motrin, Ginko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days after treatment to minimize bruising and/or bleeding.
3. Avoid alcohol, caffeine, Niacin supplements, high-sodium foods, high-sugar foods, refined carbohydrates, spicy foods, and cigarettes 24-48 hours after your treatment (may affect bruising and/or swelling).
4. Avoid the use of Retin-A or similar products for 2-3 days after treatment to avoid increased irritation or redness.
5. Try to avoid wearing makeup until the day after treatment. If you must wear makeup the day of, we suggest a good quality mineral makeup for the face.
6. Please report to your provider if any increased pain, swelling, redness, blisters, or itching immediately, should it occur following your treatment.
7. The treatment may take 2-10 days to take full effect. It is recommended that the touchup, if needed, be done no later than 2 weeks after the initial treatment.
8. Avoid vigorous exercise, sun, and heat exposure for 3 days after treatment.
9. Avoid wearing hats, headbands, or anything tight across the treatment area after being treated.