



**Hazen Aesthetic Institute
Pre and Post-Instructions
BOTOX® Cosmetic, Dysport, and Jeuveau Injections**

2 Weeks before treatment:

Stop all blood thinning supplements and medications. Some of these may include St. John's Wort, Fish Oil/Omega 3, Flax Seed Oil, and Vitamin E, Ibuprophen and aspirin. These supplements will increase bruising and bleeding at the injection site. As always, consult with your doctor if you are on a prescription prior to stopping. Tylenol is fine to take.

Day of Treatment:

Bruising may occur and can last 7-14 days. Please plan your events accordingly. Sinnech Arnica (sold in our office) is a homeopathic supplement. It has been shown to reduce swelling and bruising.

You may experience some of the following:

- Occasional mild temporary redness at the injection site
- Occasional mild temporary swelling
- Rare mild bruising
- Occasional tingling sensation
- Very rare droopy eyelid
- Very rare – nausea, fatigue, flu-like symptoms

Following BOTOX® Cosmetic therapy you may DO the following:

- Immediately return to light activity, including work
- Apply makeup and skin care products as desired but avoid glycolic or Retin A products for one day

AVOID rubbing the injection site

AVOID Lying down and bending over for 4 hours

AVOID exercise for 24 hours.