

## ALI'I NANI AESTHETIC MEDICINE

www.AliiNani.com

808.674.4300

### BOTOX/XEOMIN PRE-TREATMENT & POST-TREATMENT INSTRUCTIONS

#### Pre-Treatment:

1. Avoid anti-inflammatories like ibuprofen (Motrin, Advil, Aleve), aspirin, fish oil, Vitamin E, flax seed oil, cod liver oil or ginkgo biloba one week before your treatment to prevent possibility of bruising.
2. Don't consume any alcoholic beverages 24 hours before the treatment.
3. Schedule your Botox appointment at least 2 weeks prior to a special event you are planning to attend. Botox will start to work in 2-7 days and peak in about 2 weeks.
4. Hydrate with water and have a good breakfast to reduce chances of lightheadedness during your treatment.
5. If you are a new patient, come to your appointment 15 minutes prior to allow time for filling out intake and consent forms.

#### Post-Treatment:

1. Visible bumps may be seen at the injection sites. These are normal and may last up to a few hours.
2. Botox will start to work in 2-7 days and peak in about 2 weeks. Please note, if additional treatment is needed, it will not be injected until 14 days after your initial injection.
3. Do not lie down for 4 hours post injection.
4. Do not massage the treatment area.
5. Do not do strenuous exercise for 24-48 hours following your injection.
6. Do not get a massage, do microdermabrasion or any other activity that may elevate your core body temperature.
7. If forehead was treated, do not wear hat or headband for 48 hours.
8. You may cleanse your face normally this evening but please do not massage the injected area. If you routinely use a Clarisonic brush, do not use tonight. Also, do not use any abrasive exfoliants or scrubs.
9. Bruising may be seen. This happens in a small percentage of treatments but will not affect your treatment results. There also may be some discomfort associated with it. Bruising should resolve within one week. The use of Arnica Montana (available at health food stores) may help with bruising. It is available both topically (as a gel) or orally.
10. Exercising the muscles in the treated area may help the product get into the muscle faster, but has no effect on the overall efficacy of the treatment.

*If you have any questions, call our clinic at (808) 674-4300. Outside clinic hours, email [aliinani@aliinanicom](mailto:aliinani@aliinanicom). For extremely urgent matters outside clinic hours, call Dr. Reed's hotline (201) 472-3635*