



By Board Certified, Fellowship Trained Eye Surgeon, **Dr. Ilona Shternfeld**

BOTOX/XEOMIN/DYSPORT PRE and POST INSTRUCTIONS

Pre-treatment Directions:

Avoid: alcoholic drinks within 24 hours of treatment, anti-inflammatories such as ibuprofen products (Motrin, Aleve, Excedrin), aspirin, ginkgo biloba, St. John's wort, and vitamin E supplements -All of these items may thin the blood and increase the risk of bruising/swelling.

Bruising is usually minimal but if you bruise easily, please take prior social commitments into consideration, when scheduling your treatment.

Photos will be taken of all patients prior to treatment to monitor treatment progress.

Post treatment Directions:

Avoid: lying down for 4 hours, please stay upright

Avoid: heavy exercise, saunas or any activity that results in sweating for 4 hours

Avoid: manipulation of the treated area - Do not rub or compress the treated area- avoid hats, head bands, bike helmets, if your forehead is treated

Makeup can be applied after leaving the office. Please do not use Retin-A, glycolic acid, vitamin C and Kinerase for 24 hours after treatment.

Please do not have a facial, chemical peel, or micro-dermabrasion for 24 hours after treatment.

Treatment takes 3-14 days to take effect. If desired results are not achieved, please wait for 2 weeks after treatment date and then contact Dr. Shternfeld at (860)999-4865. A follow-up aesthetic enhancement may be necessary two weeks after treatment.

Treatment usually lasts 3-4 months, but may start to wear off in less time.

