



**AK Care**  
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## **Botox Treatment Handout**

### Before treatment

- Avoid aspirin, vitamin E, St. John's Wort, Ginkgo, Evening primrose oil, garlic, feverfew, and ginseng for 2 weeks.
- Avoid ibuprofen (Advil, Motrin) and alcohol for 2 days.
- If possible, come to your appointment with a cleanly washed face.

### After treatment

- Do not massage the treated areas on the day of treatment.
- Avoid lying down for 4 hours immediately after treatment.
- Avoid applying heat to the treated area on the day of treatment. This includes activities that cause facial flushing including consuming alcohol, hot tub or sauna use, exercising, and tanning.
- Gently apply a cool compressor wrapped ice pack to the treated areas for 15 minutes every few hours as needed to reduce discomfort, swelling, or bruising up to 24-48 hours after treatment.
- If bruising occurs, it typically resolves within 7-10 days. Oral consumption and/or topical application of Arnica Montana may help to reduce bruising and swelling.
- Botulinum toxin treatment effects take about 1-2 weeks to fully develop and last approximately 2.5-4 months.
- If 1-2 weeks after treatment you feel that you require a touch-up, please contact the office.