

Broward ENT & Aesthetics

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Patient Information Handouts

Botulinum Toxin Cosmetic Treatments

Before Treatment

- ❖ Avoid aspirin (e.g., Excedrin), vitamin E, St. John's Wort, and other dietary supplements including ginkgo, evening primrose oil, garlic, feverfew, and ginseng for 2 weeks.
- ❖ Avoid ibuprofen (e.g., Advil, Motrin) and alcohol for 2 days.
- ❖ Shave underarms and do not use OTC deodorants or antiperspirants for 24 hours before your appointment.

After Treatment

- ❖ Do not massage the treated areas on the day of treatment.
- ❖ You may have temporary purple discoloration of the skin after treatment. It will wash off over 1-2 days with regular shower/bathing.
- ❖ Avoid applying heat to the treated area on the day of treatment.
- ❖ Avoid activities that cause flushing on the day of treatment, including consuming alcohol, hot tub or sauna use, exercising, and tanning.
- ❖ Gently apply a cool compress or wrapped ice pack to the treated areas for 15 minutes every few hours as needed to reduce discomfort, swelling, or bruising up to a few days after treatment. If bruising occurs, it typically resolves within 7–10 days.
- ❖ After treatment, 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 3-4 months.
- ❖ If 2 weeks after treatment you feel that you require a touch-up, please contact your provider.