



Rejuvenation through art and science

Pre/Post Instructions **BOTOX® Cosmetic/Dysport**

1. ReFresh Aesthetic Center/Dr. Mark Blake only uses FDA approved Allergan manufactured BOTOX® Cosmetic & Galderma's Dysport® referred to as "neuromodulators" (NM).
2. It is helpful to avoid using the following blood thinning medications and supplements to minimize bruising at the treatment site: Aspirin, Ibuprofen, (i.e., Aleve, Advil) or herbal preparations (Fish/Flax Seed Oil, Omega 3's, Gingko, Ginseng, Garlic, Vitamin E & Tumeric). Tylenol is OK to use. Please notify your practitioner if you are using prescription or non- prescription blood thinners so extra precaution can be taken to avoid bruising. IF bruising occurs, it is most common around the eyes and can be covered using our Jane Iredale Corrective Colors Concealer. While we make every effort to avoid bruising, this may occur because the skin around the eyes is very thin and there are several small vessels in this area. Bruising is usually minimal, however, may take up to 7 days to resolve completely.
3. If this is your first time receiving a "NM" treatment at our Center, a "Before" photo will be taken. Your treatment will take effect in anywhere from 2 days to 2 weeks, however some noticeable effects are seen within 3-5 days. Since everyone is different, your "NM" treatment is tailored specifically for you, therefore, we would like to see you back within 2-3 weeks for a quick check of your treatment outcome. Any refinements to your dose can be done then at the price paid, per unit, with your initial visit.
4. We would like to see you return within 2-3 weeks to make sure both you and we are satisfied with the results! We appreciate your trust in us. At that time we will also take your "After" photo for your patient file. This photo will not be shared without your express written permission.
5. Immediately following your treatment, please do not lie down for at least 2 hours.
6. Avoid any massage or pressure to the area for 72 hours (examples: facial, massage, brow wax), as this may disrupt the placement of the medication. If you would like to reapply makeup, please do so gently over the treated area.
7. Refrain from heavy exercise for 12 hours.
8. Contract and release the treated muscles every few minutes for the first hour following treatment. This may help with the "uptake" of the medication.
9. Allergan, the manufacturer of BOTOX®, as well as our own patient experiences, report average duration of results is approximately 4 months. It is important to maintain regular injection intervals to maintain an optimal aesthetic result and prevent your muscles from returning to your original pre-treatment condition.
10. Please call or email us (info@ReFreshAestheticCenter.com/ 414.964.1111) if you have any comments, questions or concerns. The entire staff at ReFresh Aesthetic Center is committed to patient education, safety and quality care.