



PRE AND POST CARE INSTRUCTIONS Cosmetic Botox®/Dysport® Injection

Pre Treatment

- Avoid Blood thinning over-the-counter medications such as aspirin, Motrin, ibuprofen, and Aleve. Avoid supplements, including St. John's Wort, Gingko biloba, primrose oil, garlic, ginseng, Vitamin E, and/or fish oil to reduce the risk of bruising (does not affect the efficacy of treatment just can increase the risk for bruising only) for 1 week prior to treatment. Tylenol is acceptable.

Post Treatment

- Redness might be present (and last up to several hours) immediately after treatment.
- Bruising, swelling and/or redness may occur after treatment. Bruising will typically resolve over 1-2 weeks.
- Exaggerate facial expressions for one hour after treatment to work Botox/Dysport through the muscle. Do not rub or massage area treated for 24 hours.
- If, for any reason, scabbing should occur, do not pick or scratch at treated skin.
- Treat skin gently for the first 24-48 hours.

Contact the office if you have:

- Swelling, pain, or increased redness that does not resolve over a few hours to a few days
- Temperature of 100.4 or greater with warmth, redness at injection site, or blanching (lack of color near or around injection site).
- If you have any signs of infection, open sores, skin peeling or lumpiness.

**We want you to be completely happy with your visit to Eterna!
Call the office with any questions or concerns 253.268.3400 or after hours 661.209.2754.**

**If you are pleased with the service you received today, we invite you to post a review on
Yelp or Google.**

Ann, ARNP: Ann@eternaesthetic.com

Megan, ARNP: megan@eternaesthetic.com

Mark, MD: mark@eternaesthetic.com