

Bridgeport Laser & Wellness Center

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To maximize the effect of your Botox treatment, and minimize the risk of any side effects it is helpful to adhere to the following recommendations:

1. **Actively move the muscles** treated as much as possible for four to six hours, i.e. if the glabella (frown line area) has been treated then frown, frown frown, etc. This makes your treatment more effective and helps to eliminate migration of Botox away from the treated area.
2. **Avoid alcohol** for 24 hours.
3. **Avoid strenuous exercise** for 24 hours. Walking is fine.
4. **Please do not massage or push on the treated areas** of the face. This can spread the Botox to untreated areas, i.e. in the glabellar area it can cause eyelid movement problems.
5. **Please do not lie down** until bedtime. This also helps decrease migration.
6. **Rest as much as possible** for 24 hours. **Avoid excessive computer work** for 24 hours. The eye strain can increase your risk of headache.
7. **Avoid all non-steroidal anti-inflammatory drugs (NSAIDS)**, including aspirin, ibuprofen (Advil), and naproxen (Aleve) for 72 hours. They can increase your risk of bruising. Likewise avoid ginkgo biloba, garlic, ginseng, ginger, feverfew, and St. John's wort for 72 hours. Acetaminophen (Tylenol) is fine.
8. **Drink at least one liter of water** the day of your treatment. Hydration helps you heal faster and increases effectiveness of the treatment.
9. **Please call us if you have any questions or concerns.**
10. For best results long term please remember to schedule your next visit. **Botox works best if administered every three months.** Over time, some individuals will need treatments less often to maintain the cosmetic results. You can always check our website for the next available Botox treatment day.
11. Lastly, **thank you for choosing our clinic.** I enjoy the art and science of Botox and it is a privilege to provide this treatment for you.

Warm Regards,

Derek F. Norcom, MD