

JUVE MEDSPA BOTOX®

Information Sheet/Pre & Post Treatment Instructions

1. **What is Botox therapy and why is it done?** Botox is an injected substance that temporarily relaxes forehead and eyebrow wrinkles as well as crow's feet. It is indicated for cosmetic treatment of wrinkles. When injected into the facial muscles, it temporarily weakens the muscles leading to reduced wrinkling of the skin. It can be very effective for wrinkles at motion, and when repeated periodically, it can delay or prevent wrinkles at rest.
2. **What are the risks of Botox therapy?** This substance has been in -medical use since 1980 for disorders of the eye muscles and has been used cosmetically since 1986; it has been found to be effective and safe. The risks of treatment include, but are not limited to, pain, bruising, swelling, numbness, lack of response to treated muscle, and eyelid swelling. Less common side effects include drooping of the upper eyelid or eyebrow. If you have a disease of the nerves and/or muscles or are pregnant or lactating, you should not receive treatment.
3. **What are the alternatives to Botox therapy?** No other therapy is currently in use that can achieve the effects of Botox. Other available treatments for wrinkles include: topical creams, chemical peels, laser peels, face-lift, and surgical destruction of the muscles that form wrinkles.
4. **How is it done?** The areas to be treated are cleansed with alcohol then injected with small amounts of Botox.
5. **How long does it take to work/how long does it last?** The effect takes about 1-2 weeks to be fully developed and 3-4 months.

Pre & Post Treatment Instructions

Prior to Treatment:

- Avoid aspirin (Excedrin) and vitamin E for 2 weeks.
- Avoid ibuprofen (Advil, Motrin) for 2 days.
- If possible, come to your appointment with a cleanly-washed face.

After Treatment:

- Do not massage the treated area 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.
- Avoid activities which cause facial flushing on the day of treatment including: consuming alcohol, exercising, tanning.

If you have any questions or problems, please contact Juve Medspa.