



Thank you for booking with us at The Treatment. We look forward to seeing you!

Pre-Botox Treatment Instructions

- 7 DAYS BEFORE treatment (to prevent bruising): AVOID blood thinning over-the-counter medications such as Aspirin, Motrin, Ibuprofen, and Aleve. Also avoid herbal supplements, such as Garlic, Vitamin E, Ginkgo Biloba, St. John's Wort, and Omega-3 capsules.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising.
- Inform your provider if you have a history of cold sores to receive advice on anti-viral therapy prior to treatment.
- Do not use BOTOX® if you are pregnant or breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders. Please inform your provider if you have any questions about this prior to the treatment.

Day of Treatment

- Arrive to the office with a "clean face". Please do not wear makeup, but if you must, we will ask you to cleanse your face prior to the treatment.
- You may experience a mild amount of tenderness or a stinging sensation following injection.
- Redness and swelling are normal. Some bruising may also be visible.
- You may experience some tenderness at the treatment site(s) that can last for a few hours or a few days, rarely you may experience a mild headache for 1-2 days.
- You may have bruises in the areas treated immediately after treatment
- It is best to try to exercise your treated muscles for 1-2 hours after treatment (e.g. practice frowning, raising your eyebrows, and squinting). This helps to work BOTOX® into your muscles.
- Stay in a vertical position for four hours following injection. DO NOT "rest your head" or lie down; sit upright for 4 hours after procedure.

If you have any questions or concerns, please do not hesitate to reach out by calling us (909) 625-7546 or emailing hello@getthetreatment.com.

To get even better results after your treatment and upgrade your at-home skin care regiment visit <https://shop.getthetreatment.com/>