



# BOTOX/DYSPOORT/XEOMIN

## PRE AND POST CARE

### PRE-TREATMENT CARE

- If okayed by your health care provider, do not take any blood thinning medications such as Ibuprofen, Advil, Vitamin E, Fish oil, Excedrin, Aleve, etc. for at least two weeks prior to your treatment.
- Avoid alcohol and caffeine at least three days prior to your appointment. This will help diminish the bleeding, bruising, and swelling during and after your injections, which will result in making the overall procedure and recovery more comfortable for you.
- Stay hydrated and avoid coming in on an empty stomach. This will also help provide comfort during your appointment.

### POST-TREATMENT CARE:

- Avoid exercise and/or any activity getting your body temperature too high for 48 hours.
- If okayed by your health care provider, avoid taking any blood thinning medications (listed above) for at least 8 hours after treatment. If you are tender right after you can take Tylenol.
- Ice the area as needed to help with any potential bruising and swelling.
- Avoid wearing makeup for 24 hours.
- Do not lay flat for at least 4 hours.

**If you have any questions before or after your appointment, you can email us at [info@rumaesthetics](mailto:info@rumaesthetics) or call 801-514-7650 or for after-hours questions, please text 435-210-6401 Thank you for choosing RUMA Medical!**