



### **Anti-Wrinkle Pre-Treatment Instructions**

3 days prior to your treatment it is recommended you avoid blood thinning medications such as Advil, ASA, Omegas / Fish oils, Garlic, Vitamin E.

Please avoid alcohol for 24 hours before your treatment. This will thin your blood making you more prone to bruising. Don't worry, if you have a glass of wine the night before it's okay! You're just more likely to bruise.

Drink lots of water before and after to stay hydrated and prevent swelling.

Please have a good breakfast or snack before your appointment.

### **Anti-Wrinkle Treatment Post-Treatment Instructions**

1. It is normal for bruising, eyelid swelling, and under eye swelling to occur
2. Do NOT rub or massage the treated area for 24 hours after your treatment.
3. No strenuous exercise for a minimum of 6 hours after treatment.
4. No hot tubs and saunas for 6 hours after your treatment. This will minimize the risk of raising your blood pressure and therefore minimize the risk of temporary bruising. Feel free to shower and go about most of your regular daily activities.
5. Stay upright for 4-6 hours post treatment- do not lie down for 4 hours after treatment. This is to avoid the risk of pressure on the treated areas (from your pillow) and to avoid the risk of accidentally rubbing the area.
6. Be assured that any tiny bumps or marks will go away within a few hours after your treatment. If you need to apply make-up within 4 hours after your treatment only use GENTLE touch to avoid rubbing the treated area.
7. Avoid facials or laser treatments for 2 weeks after treatment.
8. Avoid blood thinners (i.e. Aspirin, Advil, Alcohol, Vitamin E, Fish Oils etc.) for 24hrs post treatment to decrease the risk of bruising and swelling.
9. Results of your treatment can take up to 14 days to take full effect. Please wait until the full 14 days have passed before assessing your treatment results.
10. Botulinum Toxin Type A is a temporary procedure and at first you may find that your treatment results will last approximately 3-4 months. If you maintain your treatment appointments with the frequency recommendations, the duration of each treatment result may last up to 6-7 months.
11. Initially, we see our clients between the 3 month (12 weeks) and 4 month (16 weeks) time period. We are able to create the best clinical results for you during this period. If you allow the Botulinum Toxin Type A to completely wear off, it is difficult for us to be able to see how your individual muscles reacted and therefore optimal results for your face are harder to achieve.

12. A 2-week assessment is required. This may be required in person or via sharing photos through text messaging. This is so we can see how your muscles responded to the treatment and helps to determine if a touch-up is needed. If you require more product to fine tune/adjust your treatment results, it will be applied during this appointment at an additional cost. Alternatively, additional product may not be required.

**If you have any questions or concerns, please contact Cailynn at the Bateson Beauty Bar  
c: 519-429-0815 e: [nursecailynn@batesonbeautybar.com](mailto:nursecailynn@batesonbeautybar.com)**