



Patient Instructions for Botox/Dysport

Pre-Treatment Instruction

Avoid excessive peeling agents and/ or laser procedures to treatment area, such as moderate to deep chemical peels, IPL, fraxel or resurfacing for **at least 2-4 weeks**.

To reduce the risk of bruising:

1. **Initial**_____ **Avoid** alcoholic beverages within 24 hours prior to treatment.
2. **Initial**_____ **Do not take** any anti-inflammatory medications (i.e. Ibuprofen, Advil, Aleve), aspirin, fish oil, vitamin E or high doses of omega 3 for one week prior to treatment.
3. **Initial**_____ If you have a tendency to bruise easily, start taking Arnica Montana, an oral homeopathic medication 3-4 days before treatment to help promote healing, minimize bruising and swelling. It is available at health food stores and pharmacy departments. It comes in an oral tablet and a topical cream. The cream may be helpful after treatment.
4. **Initial**_____ Always inform your clinician of all medications including antibiotics, high blood pressure medication, Coumadin, Plavix, or other blood thinners as well as your medical history.

Post-Treatment Instructions

1. **Initial**_____ **Do not lie down** for 3-4 hours following treatment.
2. **Initial**_____ **Avoid touching or manipulating the area of treatment for 4 hours.**
3. **Initial**_____ **Avoid** strenuous exercise and alcohol immediately after treatment and for the next 6 hours.
4. **Initial**_____ You may use very light make-up on the area; apply gently in an upward direction and **not** downward.

Cancellation Policy:

A credit card will be required to hold all appointments and 24 hours advance notice to cancel or reschedule your appointment, no exceptions. Failure to meet the appointment as scheduled, without 24 hours notice, will result in Skinlogic Med Spa charging a 'no-show' fee. \$50 will be charged for Botox/Dysport appointments, and \$100 will be charged for Dermal Filler appointments.

Signature: _____ Date: _____

I agree that this constitutes full disclosure and that it supersedes any previous verbal or written disclosures. I certify that I have read and fully understand the contents of this patient instruction form.

Please call us at 206-523-4444 if you have any questions or concerns.

**Botox: Introductory Offer – \$10.75 per unit. Regular price \$13.25 per unit
Dysport: Introductory Offer – \$3.00 per unit. Regular price \$4.00 per unit**