

Ageless MDSolutions
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Botulinum Toxin A injection Instructions

Before Treatment

Avoid Aspirin, Vitamin E, St. John's wort, and other dietary supplements including ginkgo, evening primrose oil, garlic, feverfew, and ginseng for 2 weeks. If you are taking daily aspirin for your heart, you may continue it, or consult your doctor.

Avoid ibuprofen (e.g., Advil, Motrin) and alcohol for 2 days.

If possible, come to your appointment with a cleanly washed face.

After Treatment

Do not massage the treated areas 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 that cause facial flushing on the day of treatment, including consuming alcohol, hot tub or sauna use, exercising, and tanning.

Gently apply a cool compress or wrapped ice pack to the treated areas for 15 minutes every few hours as needed to reduce discomfort, swelling, or bruising up to a few days after treatment. If bruising occurs, it typically resolves within 7–10 days.

Botulinum toxin treatment effects take about 1 week to fully develop and last approximately 2.5 - 4 months.

If 1-2 weeks after treatment you feel that you require a touch-up, or re-examination, please contact Dr. Lieberman.