

## **BOTOX® Cosmetic and Juvederm™** **Pre- and Post- Care Instructions**

1. Your first appointment will be for discussing your aesthetic goals and options, treatment will be scheduled separately. A baseline picture may be taken of you for your file.
2. Council Bluffs Surgical Associates only uses FDA approved BOTOX® Cosmetic and Juvederm™ Ultra XC and Ultra Plus XC from Allergan.
3. Prior to injection, please notify us if you have a rash or infection near or at the planned injection site as we will need to reschedule your treatment.
4. 5-7 days prior to treatment avoid blood thinning agents such as Aspirin, Motrin, Aleve or alcohol. Tylenol is OK to use. Please notify us if you are using prescription or non- prescription blood thinners. Bruising is most common around the eyes. We make every effort to avoid bruising, but, there are several small vessels in this area. Bruising is usually minimal and may take around 2 weeks to resolve. Please avoid caffeine the day of the procedure for more comfort.
5. BOTOX® will take effect in anywhere from 5 days to 2 weeks. Juvederm is present immediately, but will take 1-2weeks to “settle”. **Since everybody is different, your treatment is tailored specifically for you. We would like to see you back in 2 to 4 weeks for a quick check of your treatment outcome. Any refinements to your dose will be done at that time at \$9 per unit for BOTOX® and without further charge for Juvederm™ unless an additional vial is purchased.**
6. We would like you to return in 2-4 weeks to make sure both you and we are satisfied with the results. Sometimes it can be difficult to match expectations with results, but we will strive to accurately inform you of what to expect. We appreciate your trust in us. At your follow up visit we will also take your “After” photo. This photo will not be shared without your express written permission.
7. Immediately following your BOTOX® treatment, please do not lie down for 4 hours. Use ice for 20 minute intervals as needed for swelling for the first 48 hours.
8. If you would like to reapply makeup, please do so gently over the treated area. Do not wear a baseball cap or hat for 24 hours if the forehead was treated. Please avoid heavy exercise or sweating for the first 24 hours after treatment and also avoid any compression of the area. (no swimming goggles after a Juvederm treatment of the cheeks or tear troughs)
9. There are several other treatments and products available which can be used concurrently with BOTOX® and Juvederm™. If you have aesthetic goals that you haven’t met, ask your provider what other treatments may be right for you.
10. Allergan, the manufacturer of BOTOX®, as well as our own patient experiences, report average duration of results is approximately 4 months, but this may vary from patient to patient and by site. It is important to maintain regular injection intervals to maintain an optimal aesthetic result and prevent returning to your original pre-treatment condition. We will start a treatment card for you so that after your 5<sup>th</sup> treatment, you will receive 20 units free with your next session! Juvederm™ Ultra XC will last up to 1year and Ultra Plus XC will last up to 18months.
11. Let us know if you have any comments, questions or concerns. The staff at Council Bluffs Surgical Associates is committed to patient education, safety and care. Contact us at 712-396-4320, 201 Ridge St., Ste. 214, Doctor’s Building, Council Bluffs, Iowa, 51503.