PLASTIC & COSMETIC
CENTER OF SOUTH TEXAS
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Before Injections

- Stop all products that contain aspirin, ibuprofen, Vitamin E and similar products 10 days before the procedure. This will decrease the chance of bruising. Notify Dr. Jeneby if you are on a blood thinner such as warfarin, Coumadin, and Plavix.
- Plan in advance. Do not wait until the last minute to get Botox in preparation for an important event, such as a wedding. We recommend getting Botox 2-4 weeks in advance of any important event.
- You may purchase Arnica in the office and begin taking 2 days before appointment. Arnica helps to minimize bruising.
- Avoid Red Wine for 2 days before appointment. This may increase bruising.
- Bring some extra cover up make-up to the consult. It is best to bring makeup remover if you already have make-up on.

After Injections

- Do not rub or irritate the injection sites. This can cause the Botox to seep into your eyelid and cause a droop. Wash your face gently. By the next morning, you can resume normal activity.
- Minimize mouth motion (chewing, talking) for 24 hours to allow the product to set into the tissues.
- Expect some bruising and swelling: You may use ICE 2 hours on and 1 hour off afterwards
- Do not rub areas of extra lumps or product. Many times these resolve on their own. Give it at least 2 weeks for the swelling to go down to observe if the lump is there.
- If you see redness or streaks extending beyond the injection site after 48 hours then call the office.

Thank you,
Dr. Jeneby and Staff