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PRE AND POST TREATMENT INSTRUCTIONS

PRE-TREATMENT INSTRUCTIONS:

Avoid:

- **Alcoholic beverages** (within 24 hours of treatment)
- **Anti-inflammatories** (such as Ibuprofen, Motrin, Advil, Aleve, etc.) aspirin, Vitamin E and Ginkgo Biloba one week prior to treatment, in order to reduce possible side effects of bruising/swelling in the areas of treatment. If you bruise easily let Dr. Zend know, and he can give you a precautionary supplement to reduce the bruising.

It is recommended that you postpone or book an earlier Botox treatment date if you are planning a vacation, social engagement or pictures within the 2 weeks following your Botox treatment. This is especially true if you bruise easily.

POST TREATMENT INSTRUCTIONS:

- The patient is **not to lie down for 3-4 hours** following treatment. Do not bend over or do anything that causes you to look down.
- Facial **exercise** in the area of treatment **is recommended (frown/smile 1 hour)**
- **Avoid manipulation** of the area for 4 hours (24 hours is better)

*The above post treatment instructions have been followed for years, and are still employed today to prevent possible eyelid drooping.

TREATMENT EFFECT MAY TAKE 3-8 DAYS

The benefits may last 3-5 months; average is 3-4 months.

A **follow-up aesthetic enhancement may be necessary in 1-2 weeks**. Please inform Dr. Zend if the resolution of lines has not taken effect in 7-10 days. It is recommended that you contact Dr. Zend as soon as possible **after the 7-10th day** if you did not receive the desired effect.