



We are so happy you decided to trust us with your aesthetic needs! For optimal results and safety, it is important to follow these pre and post-treatment guidelines.

Please reach out with any questions or concerns you have regarding your treatment – Call or Text: (918)-779-7590 | soultulsa.com | 1312 E 36th Place, Tulsa, OK

PRE-TREATMENT INSTRUCTIONS:

- Be prepared to remove your makeup before treatment. You may want to bring it with you to touch up.
- If you have an infection or rash in the area of treatment, please reschedule your appointment.
- If you have a history of cold sores, please inform your provider prior to treatment.
- Medications that thin your blood can increase your chances of bruising. These may include NSAIDs, blood thinners, aspirin, and some vitamins, such as fish oil and omega-3. Your provider will discuss your medications with you prior to treatment.
- Avoid alcohol 24 hours prior to treatment to minimize bruising.

POST-TREATMENT INSTRUCTIONS:

- Remain upright for 4 hours after injection (you may lie in a reclined position, just do not lay flat).
- Do not wear a tight headband or hat where the band goes across your forehead if you have had injections between the brows or in the forehead.
- Refrain from aerobic exercise that increases your heart rate greatly (running, swimming, bicycling, etc.) for 24 hours following injections. Walking or other low-impact forms of exercise are allowed.
- Do not massage or manipulate injected areas for 24 hours. Washing your face and applying make-up is allowed. Please avoid using a Clarisonic/ electric facial cleanser, getting a facial, putting your face in a massage cradle, or being face down in a chiropractor's chair for 24 hours following the injection.
- If bruising appears, apply ice to the area for 15 minutes every hour to decrease bruising.
- The most common side effect is headache. You may use Tylenol to relieve this. If you are a chronic headache sufferer and have prescription headache medication, you may take it as prescribed by your doctor.
- Please trust the process: Botox will gradually take effect over 3-5 days with optimum results at 2 weeks. Our providers will wait a full 2 weeks before we will follow up to make any changes. If this is your first Botox injection, your Provider will schedule a follow-up appointment 2 weeks after your treatment. If this is not your first appointment with us and you have a concern after that 2 week time, please reach out to schedule a follow-up.