



## NEUROTOXIN PRE & POST CARE INSTRUCTIONS

We look forward to seeing you for your appointment. Below are the pre- and post-care instructions for your treatment.

### **PRE-CARE INSTRUCTIONS:**

#### **Please Do Not:**

- Have a neurotoxin treatment if you are pregnant, breastfeeding or are allergic to any of its ingredients
- Have a neurotoxin treatment if you have an impaired immune system due to immunosuppressive diseases, HIV, HTV, or immunosuppressive medications
- Use system steroids 1-2 weeks prior to treatment
- Apply products that are potentially irritating for 2-5 days before treatment unless directed by your provider (examples - tretinoin/Retin-A, alpha and beta hydroxy acids, benzoyl peroxide, hydroquinone)

#### **Please Do:**

- Inform your provider if you have any questions about this prior to the treatment.
- Inform your provider if you have had any medical updates including new medications, allergies, surgeries or medical events.
- Inform your provider if you have a history of cold sores to receive advice on antiviral therapy prior to treatment.
- Avoid aspirin, NSAIDS, ginkgo biloba, garlic supplements, green tea, flax oil, cod liver oil, vitamins A and E, and essential fatty acids for one week prior to your treatment, unless directed by your doctor. Inform your provider if you are taking blood thinners or regularly take aspirin or ibuprofen.
- Consider taking Arnica tablets 2-3 days prior to your treatment if you are concerned about potential bruising.
- Schedule appointments prior to special events with your provider so that you achieve the best results and are not in a recovery phase during your event.
- Avoid sun exposure prior to treatment. Use SPF 30+ daily.

#### **Day of Treatment:**

- Arrive with a makeup-free face, if possible.

- Bring makeup if you would like to reapply before leaving the office.
- Arrive a few minutes before your scheduled appointment time to complete the check-in process, update or fill out any necessary paperwork and take progress photos.
- Most patients do not require numbing medicine prior to their treatment, however, if you have any concerns please speak to your medical provider and they can advise you on ways we can make you more comfortable.
- Expect mild tenderness or stinging during and following injection.
- Small areas of redness and focal swelling are normal. These usually subside within hours. Some bruising may also be visible.
- Make exaggerated facial expressions such as raising eyebrows, squinting, frowning and smiling during the first 4 hours following injections to help the medication move into your muscles.

## **POST-CARE INSTRUCTIONS:**

### **Positioning:**

- Stay in a vertical position for 4 hours following injections. Do not rest your head or lie down; sit upright.

### **Managing Discomfort:**

- You may take Acetaminophen/Tylenol if you experience any mild tenderness/discomfort.
- If you do experience any bruising, you may apply topical Arnica or take Arnica tablets which may improve the appearance of bruises.
- You may gently apply ice packs for discomfort and/or swelling.

### **Skin Care/Makeup Application:**

- Resume your usual skincare routine immediately following the treatment.
- Resume makeup application immediately following the treatment.

### **Exercise:**

- Avoid vigorous exercise for 24 hours following procedure.

### **Sun/Light/Heat Exposure:**

- Resume normal sun protection and SPF application.
- Avoid laser, IPL, or skin tightening treatments, facials or massages of the area for a minimum of one week (or as directed by your provider) after injection.

### **Follow Up:**

- Best results are achieved with regular maintenance. Schedule Botox treatments 3-4 months apart.

- Results can take up to 14 days. If you feel a touch up may be needed, it can be scheduled 14 days after your initial appointment.
- Please contact us if you have any questions or concerns. Text is the best method of contact if you have after-hours questions.

Thank you,

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