NEUROTOXIN TREATMENT INSTRUCTIONS

PRE-TREATMENT INSTRUCTIONS:

- Schedule your Neurotoxin appointment at least 2-4 weeks prior to a special event such as a wedding or vacation to allow time for complete healing and allow results to fully settle in.
- Avoid alcoholic beverages at least 24 hours prior to your treatment (alcohol may thin the blood and increase the risk of bruising)
- Avoid anti-inflammatory/blood thinning medications at least 2-5 days prior to your appointment
    - Medications and supplements such as aspirin, vitamin E, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Discontinue Retin-A 2 days before and 2 days after treatment.
- If you are pregnant or breastfeeding, we recommend that you reschedule your appointment.
- Please avoid vaccinations and dental work for 2 weeks before and after your injectable treatment. If you have questions, please contact our office.

POST-TREATMENT INSTRUCTIONS:

- Avoid facials and saunas for 24 hours after treatment.
- Do NOT receive facial/ laser treatments or microdermabrasion after injections for 7 days.
- Be patient! It can take approximately 7 to 14 days for full results to be seen.
- Avoid yoga or other rigorous exercise activities, extensive sun or heat exposure, and alcoholic beverages for 24 hours after treatment – nothing more strenuous than walking a dog. This may cause temporary redness, swelling, and/or itching at the sites of the injection.
- Headaches are common – however, if you have a headache we recommend you avoid aspirin or aspirin containing products.
- Note that any bumps or marks will go away within a few hours. If you do develop a bruise it will resolve like other bruises you have had in about a week. There is occasionally some mild pain, swelling, itching, or redness at the site of injection similar to most other injections. Redness may last for 1-2 days, rarely longer. You may apply cold compresses or acetaminophen (Tylenol) to reduce swelling or discomfort.