

Neurotoxin

PRE & POST CARE



BEFORE

- For optimal results and to minimize the chance of bleeding or bruising at the injection site, please **avoid all** blood-thinning medications and supplements for one week prior to your appointment. This includes over the counter medication such as Aspirin, Motrin, Ibuprofen, and Aleve. Also avoid herbal supplements such as garlic, Vitamin E, Ginkgo Blob, St. John's Wort, and Omega-3 capsules. If you have cardiovascular history, please check with your doctor prior to stopping the use of Aspirin.
- **Do not** drink alcoholic beverages for a minimum of 24 hours before or after your treatment to avoid extra bruising. It is best to stop drinking alcohol 1 week prior to help minimize bleeding.
- **Do not** use neurotoxins if you are **pregnant or breastfeeding**, allergic to any of their ingredients or have a skin infection at the planned injection site.
- You can take begin taking Arnica at least two days prior to injections which will help the bruising.

AFTER

- **No** touching area. Avoid significant movement or massaging of the treated area. Please wait until the day after treatment before wearing hats or headbands.
- **Avoid** strenuous exercise for **24 hours** and extensive sun or heat for 24 hours.
- **Avoid** consuming excessive amounts of alcohol or salts to avoid excessive swelling.
- **Stay** in upright position for the first 4 hours after treatment and try to sleep face up and slightly elevated if you experience swelling.
- You can: Wash your face gently, apply sunscreen, wear light makeup if necessary one hour after treatment.

REMEMBER

- **Full results appear in 7-14 days.**
- Touch-up appointments may be necessary after two weeks from treatment date. You cannot book touchups prior to the 2 week date.
- Redness, tingling and some swelling is typical for the first 24 hours. Use Tylenol (acetaminophen) for headache, tenderness, or discomfort.