



Neurotoxins

Pre and Post Treatment Instructions

Pre-Treatment Instructions:

- At least 7 days prior to treatment to prevent bruising avoid blood thinning over the counter medications such as Aspirin, Motrin, Ibuprofen, and Aleve. Also avoid herbal supplements, such as Garlic, Vitamin E, Ginkgo Biloba, St John's Wort, and Omega-3 capsules
- Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising
- Injectable treatments often require repeat treatments. Each time you are treated your initial outcomes may vary. For this reason, you don't want to plan any injectable treatments within a few days to a week prior to a major social occasion

Post-Treatment Instructions:

- Avoid placing excessive pressure on the treatment areas for the first few days; when cleansing your face or applying makeup, be very gentle. Avoid rubbing areas where injections were given to prevent movement of product
- Stay in a vertical position for four hours following injection. Do not lie down flat
- You may apply cool gel pack to the area to reduce swelling and potential for bruising
- Avoid exercise or strenuous activities for the remainder of the treatment day and resume other normal activities
- Avoid extended UV exposure until any redness or swelling has subsided. Apply SPF 30 or greater for sun protection
- Wait at least 2 weeks before laser treatments
- Injectable treatments often require repeat treatments. Each time you are treated your initial outcomes may vary. For this reason, you don't want to plan any injectable treatments within a few days to a week prior to a major social occasion