



Neurotoxins

Botox, Dysport, Xeomin

PRE+POST CARE INSTRUCTIONS

PRE-TREATMENT CARE:

- Avoid taking aspirin, non-steroidal anti-inflammatory drugs (NSAIDs) like Motrin or Advil, or any other blood thinners for at least 1 week before your appointment unless prescribed by your physician.
 - Avoid certain herbal supplements such as ginkgo biloba, fish oil, and vitamin E for at least 1 week before your appointment, as they may increase the risk of bleeding and bruising.
 - Refrain from drinking alcohol for at least 24 hours before your treatment as alcohol may increase your risk of bruising/swelling.
 - Avoid booking your appointment within 2 weeks of a major event or photoshoot to allow time for any bruising or swelling to subside and results to fully take effect.
 - Avoid other facial treatments such as chemical peels, microdermabrasion, or laser treatments for at least 1 week before treatment to avoid irritation or skin complications.
 - Minimize sun exposure and use sunscreen to protect your skin from potential sunburn, which can increase sensitivity and the risk of adverse reactions.
 - Inform your injector of any medical conditions, allergies, or current medications, are pregnant or breastfeeding, including any history of neuromuscular disorders or prior adverse reactions to similar treatments.
 - Come to your appointment with a clean face and avoid makeup.
 - Be sure to confirm your appointment time and date and notify the office for any rescheduling need.
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POST- TREATMENT CARE:

- Do not wear any makeup for 24 hours after procedure to reduce the risk of infection and irritation
- Stay upright for at least 4 hours after treatment, do not lie flat or apply direct pressure (including hats/headbands) to prevent migration of the product
- Refrain from vigorous exercise, hot yoga and saunas for 24 hours after treatment
- Avoid applying direct pressure to the treated areas for up to 2 weeks, i.e. no massages or facials for 2 weeks
- Results typically appear within 3-7 days with full effects visible in 10-14 days

IT IS IMPORTANT TO FOLLOW THE SPECIFIC PRE+POST INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE INSTRUCTIONS, BE SURE TO CONTACT US FOR MORE GUIDANCE.

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