

Neurotoxin Treatments

Botox, Jeaveau, Dysport, and Xeomin

Pre-Treatment Instructions

- Avoid taking aspirin, Ibuprofen, Advil, Motrin, Nuprin, Aleve, or Celebrex. Avoid taking Fish oil, Ginko Biloba, St. John's Wort & high doses of Vitamin E for 7 – 10 days prior to your neurotoxin treatment. These may cause an increase risk of bleeding and bruising at the treated site(s). A regular multi-vitamin and Tylenol (acetaminophen) is not contraindicated.
- Avoid alcoholic beverages for 24 hours prior to procedure as this can increase the risk for bleeding and bruising at the treated site(s).
- Avoid waxing, bleaching, tweezing, or the use of hair removal creams in the area(s) to be treated.
- If you have any history of Herpes Simplex (cold sores) on your face, make sure to take an antiviral 2-3 days prior to treatment and continue the antiviral several days post treatment to avoid an outbreak. If you don't have a prescription for an anti-viral please contact our office prior to your appointment.
- Sunburn skin is difficult to treat so avoid sun exposure prior to your appointment.
- Always inform our office if anything has changed in your medications, supplements, or medical history between your appointments.
- Schedule treatments at least 2 weeks prior to a special event such as a wedding or vacation.
- You are not a candidate if you are pregnant or breastfeeding.

Post-Treatment Instructions

- The results of your treatment can take up to 14 days to take full effect.
- Try to use the injected muscles for the first 1-2 hours after treatment: practice frowning, raising your eyebrows and squinting. This helps the neurotoxin work into your muscle.
- Do not rub the injection site 2-4 hours post treatment.
- Please be aware that some patients, though very few, may experience a mild headache post treatment. You may take Tylenol to help with this for pain relief.
- Avoid exercise and sweating for the next 24 hours.
- Avoid lying down or leaning forward for the next 4 hours.
- There can be a slight chance of bruising at the treated site, this is temporary. Be assured that the tiny bumps or marks will go away within a few hours of treatment.
- Avoid any facial, microdermabrasion, or facial massage in the next 14 days.
- The length of the treatment results will last is approximately 3-4 months. If you maintain the frequency of your appointments, the duration of each treatment may last longer than 4 months.
- We want your treatment to be perfect so please let us know if you want to return after 2 weeks, once your treatment has taken its full effect, for any touch ups.
- Remember your sunscreen every day!