

Cosmetic Neurotoxin Pre & Post Treatment Care

(Botox /Dysport / Jeuveau)

Pre Treatment Planning:

- You could bruise with the injections. Plan for your treatment where this will NOT impact your life.
- The effects of cosmetic neurotoxins take 7-10 days to take effect and generally last 3-4 months.
- If you take fish oil, vitamin E, omega 3 fatty acids, flax seed caps, aspirin, Advil, Motrin, Alive, ibuprofen, these can increase your risk of bruising, if possible stop using these, one week before treatment and wait 24 hours AFTER treatment to resume use.
- If you have a cold sore, are sick, your skin has an infection or is inflamed you will need to reschedule your treatment. Please call 24 hours before your scheduled appointment to avoid being charged a cancellation fee.
- Avoid alcohol consumption 24 hours before treatment (and 24 hours after)
- LIGHT exercising is fine BEFORE your treatment, no vigorous exercising before (and no exercising following for the balance of the day)

Post Treatment

- As you drive home following treatment please periodically move the muscles in the treated areas a few times (squint, frown, raise your brow...) This may aid in the binding of the neurotoxin to the receptor sites in the treated areas and help the Botox or Xeomin work.
- Immediately after treatment there may be some needle marks or bruising, they can be covered with cosmetics/ concealer the following day.
- For the remainder of the day, avoid activities that increase circulation to your face or cause facial flushing. No straining, heavy lifting, strenuous exercise, or sunbathing. We want the Botox/Xeomin to stay where it was injected.
- Do not massage or rub the injection areas, for 24 hours.
- Do not lie down or bend forward for extended periods of time for at least 4-6 hours post treatment.
- No alcohol for 24 hours following treatment.
- If you stopped medications that increase the bleeding and bruising risk the medications can be restarted 24- hours after treatment.
- Gentle skin care the first day following treatment, no Clarisonic brush use for 24 hours, no facials, massages or waxing for 24 hours post treatment.
- If you get a headache/tightness in your forehead post treatment, this is normal and you can take your usual headache remedy such as Tylenol, Advil, or Motrin.
- Remember while the effects may begin to show in a few days it will take 7-10 days for the treatment to take full effect. If after 2 weeks you feel you need a touch-up or adjustment to your treatment please call to schedule an appointment for this.
- **Always call our office with any questions or concerns 310-370-9970**