



NEUROTOXINS

PRE & POST TREATMENT INSTRUCTIONS

★ NEUROTOXINS

Neurotoxin treatments are the most popular single cosmetic procedure in the U.S. and are mainly used to smooth dynamic wrinkles, or those wrinkles that form as a result of facial movements like frowning, squinting, smiling, and other expressions we tend to make day after day. Treatment works by blocking nerve impulses to the muscles, causing them to relax. As a result, your expressions soften and the dynamic wrinkles are greatly reduced.

Botox-type injectables can help an adult patient of any age improve his or her appearance, not only imparting a more youthful look, but also alleviating an overly concerned look, helping you look better refreshed or even more pleasant. The most commonly treated areas are those where muscle activity influences facial features, such as the following:

- Glabellar lines (a.k.a. “elevens” or frown lines)
- Wrinkles around the eyes, such as crow’s feet
- Forehead creases
- Corners of the mouth
- A “cobblestoned” appearance to the chin





★ BENEFITS

While botulinum toxin type A is most commonly used to treat facial wrinkles, cosmetic surgeons can also use neurotoxins to address other aesthetic concerns that are associated with nerve and muscle activity:

- Reduce excessive sweating. Botulinum type A injections can be used to interrupt the nerve impulses that activate the sweat glands, helping alleviate embarrassment from excessive sweating on the armpits, hands or feet.
- Soften vertical neck bands. If you are bothered by prominent vertical bands on your neck, botulinum toxins can be used to relax the responsible muscles and give your neck a smoother, softer appearance.
- More than 3.6 million men & women had cosmetic Botulinum in 2021.
- Results typically last 3 to 6 months.

PRE-PROCEDURE

★ 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 three days before and after your appointment. This includes over-the-counter medication such as aspirin, ibuprofen, Motrin, and Aleve. Also avoid herbal supplements such as garlic, vitamin E, ginko biloba, St. John's Wort and omega-3 capsules. If you have a cardiovascular history, please check with your doctor prior to stopping use of aspirin.

★ Do not use neurotoxins if you are allergic to any of their ingredients or have a skin infection at the planned injection site.

★ Avoid touching your face and wearing makeup the day of the procedure.

★ Any injection introduces the risk for infection. For this reason, we will delay injectables if you have had any infection, cold, virus, or flu in the past 30 days.

★ Alcohol and caffeine are also to be avoided 24 hours pre- or post- injectable treatment, as they are also a blood thinner. You can consider taking Arnica Montana natural supplement to help bruising (take 5 tablets three times per day starting one week prior to treatment. We sell arnica tablets at our office, if needed.)

★ Please note we can not inject neurotoxins into patients who are pregnant, breastfeeding, or trying to conceive

POST-PROCEDURE

★ Avoid significant movement or massage of the treated area unless instructed by the provider.

★ Avoid sun exposure and heat for 24 hours (no sauna, hot tub, etc.)

★ Avoid strenuous exercise or anything that increases your heart rate for 24 hours.

★ Avoid consuming excess amounts of alcohol or salts to avoid excessive swelling the day of your treatment.

★ Do not lie down or bend over with your head down within 4 hours following your treatment. Please squat rather than bending over at the waist during this time.

★ Avoid facials, massages, exfoliating the area for 2 weeks post-procedure

★ Please wait until the day after treatment before wearing hats or headbands

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★ Use Tylenol (acetaminophen) for headache or discomfort. No NSAIDs (ibuprofen, aspirin) for 24 hours as they can increase bleeding.

★ Feel free to follow up 2 weeks posttreatment with your provider for reevaluation and "after" photos. This will help us evaluate proper dosage for your next treatment.

★ Neurotoxins last, on average, 2-4 months. It is recommended at the time of your treatment to schedule your next appointment for maximum benefit.

★ The most typical side effects are headache, bruising, swelling, and redness. These are temporary and will resolve. However, please call our office to notify us if you experience any additional adverse side effects.

