

B.TOX.BAR.

Neurotoxins Pre & Post Treatment Instructions

About Neurotoxins

Botox®, Dysport® & Xeomin® are different types of wrinkle-smoothing agents that all work in the same way. These are injected into the muscle to relax the muscle thereby minimizing the appearance of wrinkles in the area. Benefits of the treatment are seen gradually over the next 7 days and the full effect will take 14 days. Anti-wrinkle reducers generally last 3-4 months. Much deeper wrinkles may take a longer time to smooth out and may require filler to speed up the results.

Before Your Treatment

Avoid agents that increase risk of bruising 1 week prior to treatment and 2 days after:

- Aspirin, ibuprofen (Advil, Aleve, Motrin, Naprosyn), Excedrin, St. John's wort, Vitamin E, fish oil, omega-3s, ginkgo biloba, ginseng.
- Do NOT stop any medications that were prescribed by your doctor and medically necessary to take
- Avoid drinking alcohol 1 week prior to your treatment to minimize the risk of bruising.
- To minimize bruising and swelling, take Arnica or Bromelain up to 1 week prior to and 1 week after treatment or until the bruising fades.
- We will be cleaning your face and removing any makeup in the area before treatment. Please bring any makeup you would like to apply after the treatment.
- If you have any of the following conditions, then you are not a candidate for neurotoxins: myasthenia gravis or any other neuromuscular disorders, allergy to botulinum toxin or human albumin, pregnancy or breastfeeding.
- We recommend getting your workout in for the day prior to your treatment as we recommend against working out 12-24 hours after your treatment.

What to Expect After Treatment

- Redness and swelling at injection sites are expected. This will resolve within 1 hour.
- Bruising at the injection site is possible. This is usually minimal and resolves in 3-7 days.
- Some people can experience mild headaches after treatment. Take Tylenol, if needed.
- You will start to see effects 4-7 days after treatment. The full effect will be seen in 14 days. If it is your first visit, we encourage you to schedule a 2 week follow-up appointment to make sure you are happy with the results.
- The effects usually last around 3 months, but conservative neurotoxin doses may wear off sooner.

B.TOX.BAR.

Neurotoxins Pre & Post Treatment Instructions

Things to Avoid After Treatment

- Do not rub or massage the treated area.
- Do not schedule any facials or chemical peels for 24 hours after your treatment.
- Avoid strenuous exercise for 24 hours.
- Do not lay down or bend forward for too long for ~4 hours after treatment.
- Avoid consuming large amounts of alcohol, this can increase your risk of bruising
- Avoid pressure around the treated areas (No goggles, swim caps, hats, head bands)
- Emotional responses like crying within 48hrs can exacerbate swelling and increase the risk of complications