



NEUROTOXIN

Neurotoxin (aka Dysport, Botox, Letybo, Xeomin, Daxxify) are used to soften fine lines and wrinkles by relaxing muscles on areas of the face or body. Patients will see the effects of the neurotoxin over the course of 14 days. Bruising can be a common side effect for any injectable treatment and varies by patient. Occasionally patients may need a follow-up treatment for minor adjustments. This must be completed within 14-21 days of the initial treatment.

PRE-TREATMENT

- 3 DAYS BEFORE treatment:
 - AVOID topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, or other “anti-aging” products.
 - AVOID waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- 7 DAYS BEFORE treatment (to prevent bruising):
 - AVOID blood thinning over-the-counter medications such as Aspirin, Motrin, Ibuprofen, and Aleve. Also avoid herbal supplements, such as Garlic, Vitamin E, Ginkgo Biloba, St. John's Wort, and Omega-3 capsules. Patients may also take over the counter oral Arnica for 3-5 days prior to their appointment to mitigate the potential for bruising.
- Do not drink alcoholic beverages 24 hours before or after your treatment to avoid extra bruising.
- Inform your provider if you have a history of Perioral Herpes to receive advice on antiviral therapy prior to treatment.
- Do not use neurotoxins if you are pregnant or breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders. Please inform your provider if you have any questions about this prior to the treatment.

POST-TREATMENT

- Do NOT have a facial, nor rub or massage the treated area for 2 weeks after your treatment.
- Do NOT lie down or do strenuous exercise for 4 hours after treatment (longer is better).
- Avoid any exposure to a sauna, hot tub or tanning for four hours. This will prevent your blood pressure from rising and thus minimize the risk of bruising after treatment.
- Please be aware that some, though very few patients, experience a mild headache. You may take Tylenol to help with this for pain relief.
- Be assured that tiny bumps or marks will go away within a few hours after your treatment. There is a small risk of bruising. If this occurs, do not worry since it will only be temporary and can easily be covered up with makeup. Bruising typically resolves within 5-8 days.
- After neurotoxin is placed into the targeted muscles, the weakening effect gradually begins anywhere from 3-7 days and is not complete for two weeks. Therefore, optimal results are not seen for at least two weeks.
- Neurotoxin will last approximately 2-4 months at first. However, if you maintain your treatment appointments with the frequency recommended, the duration of each treatment result may last longer than four months.