

## **Neurotoxin Pre-Treatment Instructions**

### Pre-treatment care instructions (7 days prior):

1. To reduce your risk for bruising avoid taking aspirin, ibuprofen, vitamin E, fish oil, ginkgo biloba, garlic, ginger, cayenne, licorice, flax seed oil and COQ10 one week before treatment.
2. Avoid alcohol consumption one week before treatment.
3. Avoid excessive sun exposure prior to treatment.
4. Avoid tweezing, waxing, bleaching, facial scrub, or hair removal cream prior to treatment.
5. Avoid the use of Retinol or Alpha Hydroxy Acid one week before treatment.
6. Always inform your provider about any medications that you are taking including antibiotics, high blood pressure medication, Coumadin, plavix or other blood thinners.

### Other important information:

1. You should be in overall good health
2. Do not use neurotoxins if you are pregnant or breast feeding.
3. Do not use neurotoxins if you have an allergy to eggs or any of its ingredients or if you suffer from a neurological disorder.
4. Active skin infections in the treatment area are a contraindication to treatment.
5. It is not recommended to have neurotoxin treatments less than 90 days apart.

## **Botulinum Toxin Post-Treatment Instructions**

1. Do not massage, rub, or apply pressure to the treated area after treatment.
2. Avoid aspirin, ibuprofen, alcohol for a few days after treatment.
3. Do not exercise for 24 hours.
4. Avoid sun exposure or cold outdoor activities until redness from treatment disappears.
5. Avoid retinal or RetinA for 2-3 days after treatment.
6. Do not lie down for at least 4 hours after treatment.
7. It can take up to 2 weeks to take full effect and effects can last for up to 3-4 months.