
Pre Instructions for Neurotoxin

- Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising)
- Avoid anti-inflammatory/blood thinning medications, if possible for a period of 5 days before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.

Post Instructions for Neurotoxin

- You may apply makeup immediately following your treatment.
- The results of your treatment can take up to 14 days to take full effect. Usually patients notice a change in 4-5 days. It takes time for the muscles to lose strength and the lines to fade following Botox treatment. Please wait until 14 days have passed before assessing if you are pleased with the results.
- Do not touch or rub injected site for 2-4 hours following treatment. Avoid exercise for the remainder of the day and no lying down or leaning forward for 2-4 hours after treatment.
- There can be a slight chance of bruising at the treated site, this is temporary.
- Avoid any type of facial, microdermabrasion, or massage for 14 days after treatment.
- Avoid sauna for 48 hours.
- Avoid ibuprofen, Advil, or Motrin - Tylenol is acceptable to take if experiencing discomfort (if not contraindicated).
- Remember to apply your sunscreen every day.