**Neurotoxin Pre and Post Care Information**

**Pre Care Instructions**

* Avoid the use of Aspirin, NSAIDS, Gingko Biloba, Garlic Supplements, Green Tea, Flax Oil, Cod Liver Oil, Vitamins A and E, and essential fatty acids for up to 1 week pre and post injection as they will increase your risk of bruising.
* Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising
* You may take Arnica tablets 2-3 days prior to your injection to reduce the risk of bruising
* Do not apply products that are potentially irritating for 2 -3 days before and after treatment (examples- Tretinoin/Retin-a, glycolic acid, benzoyl peroxide, hydroquinone)
* Inform your provider if you have a history of cold sores to receive advice on antiviral therapy prior to treatment
* Do not use the above stated if you are pregnant or breastfeeding, are allergic to any of its ingredients, or have a history of neurologic disorders.

**Please inform your provider if you have any questions about this prior to the treatment**

**Day of Treatment**

* You may use topical anesthetic medication in office before your scheduled appointment (please arrive 15 minutes prior to procedure)
* Arrive with a clean face. Please do not wear makeup.
* You may experience a mild amount of tenderness or stinging during and following injection
* Redness and swelling are normal. Some bruising may also be visible

**Post Care Instructions**

* It is best to try to exercise your treated muscles for 1-2 hours after treatment (e.g. practice frowning, raise your eyebrows, and squint). This helps to work the product into your muscles.
* Stay in a vertical position for 4 hours following injection. Do not rest your head or lie down; sit upright.
* Ice (but avoid firm pressure) for 15 minutes 3 times the day of treatment
* You may take Acetaminophen/Tylenol if you experience any mild tenderness/discomfort
* Do not massage treated areas after treatment
* After treatment there will be moderate swelling and redness with possibility of bruising. You may apply or take Arnica tablets to help decrease the amount of bruising
* Avoid extended UV exposure until any redness/swelling has subsided. Apply SPF.
* Avoid strenuous exercise for 24 hours to reduce bruising. You may resume other normal activities/routines immediately
* Avoid laser, IPL, or skin tightening treatments of the area for a minimum of 24 hours (or as directed by your provider) after injection
* You may continue your topical products as mentioned above 1 week after injection.

**Please keep this for future reference**