

TOXIN PRE/POST CARE

PRE CARE FOR BOTOX/JEUVEAU

- Avoid the use of Aspirin, NSAIDS, Ginko 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)
- 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

POST TREATMENT CARE FOR BOTOX/JEUVEAU

For optimal results patients are advised to follow post-treatment recovery instructions carefully.

FOR THE FIRST 4 HOURS...

- Avoid lying down flat or bending far forward
- Avoid manipulating the area for 4 hours following treatment
- Avoid facial or laser treatments or microdermabrasions after Botox or Jeuveau for at least 10 days.

FOR THE FIRST 8 HOURS...

- Avoid rubbing or touching the treated area.

FOR THE FIRST 24 HOURS...

- Avoid drinking any alcohol
- Avoid heavy exercise or any activity that increases your heartbeat.
- Avoid being in a hot tub, sauna, or Jacuzzi

There may be redness in the injected area-you can expect this to go down 2-3 hours after treatment.

Avoid exposing the treated area to sunlight

If you choose to apply makeup to the treated area, be very gentle with the skin

Arnica cream or pills are also helpful for reduction of bruising.