



Neurotoxin Treatment Instructions

(Botox[®], Dysport[®], Xeomin[®], Jeuveau[®])

Before Treatment

1. One Week Prior:

- Avoid **blood-thinning medications and supplements**, such as aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve), fish oil, vitamin E, ginkgo biloba, St. John's Wort, or garlic supplements — unless prescribed by your doctor. These increase the risk of bruising and bleeding.
- Avoid **alcohol** for at least 48 hours before treatment.
- If you are prone to **cold sores**, please notify your provider before treatment — you may need antiviral medication (such as Valtrex) as a preventative measure.
- Do not schedule **dental work, vaccines, or major medical procedures** within two weeks of your neurotoxin appointment.

2. 24–48 Hours Before:

- Avoid **intense exercise, excessive heat, or alcohol consumption**.
- Refrain from using **retinol, glycolic acid, or harsh exfoliating products** on the treatment area.
- Stay **hydrated** and eat a healthy meal before your appointment — neurotoxin injections are best tolerated when you are well-nourished and hydrated.

3. Day of Treatment:

- Arrive with a **clean face** — no makeup, lotion, or sunscreen.
- Inform your injector of any **new medications, recent illnesses, or changes in medical history**.
- Avoid wearing hats or headbands that press tightly against the forehead or temples.

After Treatment

1. Immediately After:

- Remain **upright for 4 hours** — do not lie down or bend over excessively.
- **Do not touch, rub, or massage** the treated areas for at least 24 hours.
- Avoid applying **makeup, creams, or sunscreen** to treated areas for 12–24 hours.
- Avoid wearing **tight headwear, helmets, or glasses** that could apply pressure to the injection sites.

2. First 24–48 Hours:

- Avoid **strenuous exercise, alcohol, and excessive heat exposure** (saunas, hot tubs, or direct sunlight).
- Avoid **facials, massages, or any skin treatments** for at least 7–10 days.

- You may experience **minor redness, swelling, tenderness, or small bumps** at injection sites — these typically resolve within a few hours.
- If bruising occurs, you can use **Arnica** or apply a **cool compress** for relief.

3. Results Timeline:

- Results typically begin to appear in **3–5 days**.
- Full effect is seen at **10–14 days** post-treatment.
- Results last **approximately 3–4 months**, depending on individual metabolism and treatment area.

4. Avoid the Following for 24 Hours:

- Lying flat or bending forward
- Touching or rubbing the injection area
- Strenuous exercise or sweating
- Alcohol consumption

5. Important Notes:

- **Do not schedule additional neurotoxin treatments** within 2 weeks of your appointment to avoid overcorrection.
- Contact your provider immediately if you experience:
 - Severe headache
 - Vision changes
 - Trouble swallowing or breathing
 - Signs of infection (fever, swelling, or pus)

Follow-Up

- A **follow-up appointment** may be scheduled **2 weeks post-treatment** to assess your results and make any necessary adjustments.
- To maintain optimal results, schedule **maintenance treatments every 3–4 months** or as advised by your injector.