

What is BoNTA?

Botulinum Toxin Type A (BoNTA) is a purified protein produced by various strains of the anaerobic, spore forming bacterium, *C botulinum*. Specifically Botox © is one of those strains (as well as other retail products on the market including Dysport © and Xeomin ©). Botulinum will temporarily paralyze the muscle activity by blocking the release of acetylcholine.

How do I prepare?

Please refrain from aspirin based products for 7 days PRIOR to injection; no alcohol or exercise 24 hours prior. No working out day of (light activity ok).

What do I do after?

There is minimal downtime! We ask that you simply stay upright for 4 hours (and if receiving injections into your forehead to not wear a tight hat for 4 hours) and engage in strenuous exercise for the first 24 hours. You may though have alcohol immediately after! We suggest refraining from your normal night skin care regime the evening of your injections and if applying makeup, please apply gently. Please refrain from facials for 48 hours. Some people have mild bruising and swelling which resolves quickly.

Contraindications

- If you are nursing or pregnant.
- Known allergy to any components of BoNTA (if allergic to cow's milk you are able to receive Botox © but NOT Dysport ©).
- Active lesion/s in treatment area.
- Neuromuscular disorders (ALS, Myasthenia Gravis, Lambert Eaton Syndrome).