

What To Expect: Your treatment provider will begin by ensuring treatment areas are clean and free of make-up. Using fine needles, your provider will inject your aesthetic neuromodulator into pre-determined treatment area muscles and/or aesthetic filler into the soft tissue (dermal) layer of your pre-determined treatment areas. **You may experience** a slight stinging sensation while each injection is taking place. **There is no expected downtime** with botulinum toxin treatment and/or dermal filler injections. **Multiple treatments may be needed** to achieve desired results depending on treatment goals and current skin condition. **Results are temporary** and maintenance treatments may be necessary to maintain desired results.

Stop Taking/Using/Doing Prior To Your Appointment

2 Weeks*	7 Days	3 Days +	Day Of
Laser Treatments Light Chemical Peels Hydradermabrasion Microdermabrasion *Or until your skin has healed and no longer experiencing redness and irritation	NSAIDS (Aspirin, Ibuprofen, Excedrin, Aleve, Naproxen, etc.) Herbal Supplements Blood Thinners* Anti-Platelet Meds* *Consult prescribing physician for guidance on stopping any meds	Alcohol and Smoking* +If desired, start taking Arnica supplement *May contribute to injection site bruising and pinpoint bleeding	Arrive with treatment area clean and make-up free

- Arrive to your appointment with treatment areas clean, free of make-up, oils, and perfume.
- There is no expected downtime; you can return to work after treatment. If you're planning to attend an event, please schedule treatment at least 2 weeks prior to ensure adequate time for bruising and swelling to dissipate.
- If you have a history of cold sores, please start your antiviral prescription 2 days prior to the day of treatment. Please continue treatment as prescribed.
- Expect to experience pinpoint bleeding, bruising, headache, mild swelling and/or slight irritation in treatment area for 1-10 days after treatment.
- To help decrease the risk of bruising, you may consider starting Arnica supplement pellets.
- Understand that results may take up to 7-14 days and multiple treatments may be necessary to achieve desired results and to maintain desired results.
- Plan to avoid exercise, strenuous activity, sauna, and excess heat for the first 24 hours after treatment.
- **Please reschedule your appointment if a rash, open sore/wound, sunburn, or blemish develops in treatment area.**

- **Do NOT** rub or massage the treated areas for 24 hours after your Tox & Filler treatment.
- **Do NOT** lie down for 4-6 hours after your Tox treatment and avoid sleeping on your face for 24-48 hours.
- **Do NOT** lean forward repeatedly or engaging in activities requiring bending over after your Tox & Filler treatment.
- **Do NOT** engage in yoga or other rigorous exercise activities, extensive sun or heat exposure, and alcoholic beverages for 24 hours after your Tox & Filler treatment.
- **Do NOT** take Advil, Aspirin, Aspirin containing products, Vitamin E, Ginger, Ginko, Bilboa, Ginseng, and Garlic for 5-7 days after your Tox & Filler treatment since this may increase the risk of bruising.
- **Do NOT** apply makeup for 12 hours after your Tox & Filler treatment, and avoid chemical peels, microneedling, and laser treatments for 2-4 weeks after your Tox & Filler treatment.

You may apply cold compresses or take acetaminophen (Tylenol) to reduce swelling and/or discomfort. Pinpoint bleeding, bumps, and marks at injections sites should resolve within a few hours. There is occasionally some mild pain, swelling, itching, or redness at the site of injection. Arnica has been shown to decrease the incidence of bruising, pain and swelling after injections. *If a headache continues or worsens after your Tox treatment, contact your physician.*

Please call if you experience any of the following after your Filler treatment: increasing pain, skin blanching (white or pale appearance), livedo reticularis (netlike pattern of reddish-blue skin discoloration), slow capillary refill, or red-blue dusky discoloration.

If this is your first treatment, your treatment provider may want to see you in 2-3 weeks for a brief dose adjustment or follow-up (additional fees may apply)