



Please review the following information carefully to achieve optimum results from your treatment and the most comfortable recovery.

**PRIOR TO THE INJECTION OF NEUROTOXINS “TOXINS”
(Botox®, Dysport®, Xeomin®, Daxxify®)**

- Avoid alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood increasing the likelihood of bruising).
- Avoid anti-inflammatory/blood thinning medications for a period of 2 weeks (ideally) before treatment. Medications and supplements such as Aspirin, high doses of Vitamin E, Ginkgo Biloba, St. John’s Wort, Fish Oils, Garlic, Ibuprofen, Advil, Aleve, and other NSAIDS are all blood thinning medications and can increase the risk of bruising and swelling after injections.
- Schedule “Toxin” injections approximately 2 weeks prior to a special event such as a wedding or vacation. It is not desirable to plan a very special event and have an unforeseen bruise occur from an injection.

**AFTER INJECTION OF NEUROTOXINS “TOXINS”
(Botox®, Dysport®, Xeomin®, Daxxify®)**

- **Ice is ok.** Some people experience swelling and discomfort around the injection site. You can safely apply a cold compress on treated areas to relieve discomfort and minimize swelling. However, don’t put pressure on the cold compress. Just gently lay the compress on the swelling. Taking NSAIDs or applying heat to swollen injection areas would not only worsen discomfort, it could cause migration. This is strongly advised against.
- **Wait a Couple of Days Before Heading Back to the Gym.** Strenuous activity increases heart rate and blood flow. While it’s fine to take a leisurely walk after receiving your injections, heavy exercise may inadvertently spread the toxin to other areas, which could decrease the effectiveness and cause unintended side effects. Strenuous exercise after treatment could also increase the risk of swelling and bruising around the treatment areas.
- **Avoid Putting on Cosmetics for the rest of the day.** Applying liquid foundation, blush, face powder, eyeshadow, and even eyebrow pencil can stimulate the skin enough to cause dispersal to unintended areas. People who get injections for medical reasons should also avoid pressing on injection sites and the skin surrounding the injection sites. It is perfectly fine to apply cosmetics the following day.
- **Avoid manipulation of the treated areas for 3-4 hours following treatment.** Do not massage any of the areas of your face that were treated with “Toxins”. This could spread the “Toxin” into an area of the muscle where we do not want it to migrate. However, facial exercise in the area of the treatment is

recommended (frown/smile/squint 1 hour). It will encourage the “Toxin” to disperse throughout the treated muscle(s) uniformly.

- **Keep your head elevated (do not lie down) for 3-4 hours after your treatment.**
- **Don’t Drink Alcohol Before or After Treatment.** Beer, wine, and hard liquor contain ethanol, a substance that dilates blood vessels and increases blood pressure. When blood vessels expand, this allows more blood to flow rapidly throughout your body. Increased blood flow means possible worsening of swelling and bruising at and around injection sites. A good rule of thumb is to avoid alcohol 48 hours before and after treatment.
- **It is not uncommon to get a small, reddened area or even a bruise at the site of injection.** If this occurs and you are concerned, or if it persists, please call our office for a follow-up appointment.
- **Put Off Other Skin Treatments.** Wait for at least 24 to 48 hours before you get facials, microdermabrasion, laser skin therapy, or massages. This gives the treatment time to work its magic on muscles responsible for wrinkles.
- **Relax in the Shade.** Avoid full sun exposure for the rest of the day after receiving your injections. Any kind of heat (including hot showers) will increase your blood pressure and promote bruising. If possible, avoid going out in the sun for one to two days to fully reduce the potential of migration due to sunlight and heat. Also, stay out of tanning beds, saunas, and hot tubs for at least 24 hours. (When it’s safe to go back into the sunshine, be sure to use a high-quality sunscreen.)
- **The “Toxin” will “take” several days after your treatment.** The average timeframe for the effects to start becoming apparent is 3-5 days. However, complete peak results will take up to 2 weeks.
- **Neuromodulator Aftercare and Medications** Most people do not need to take any painkillers such as acetaminophen or ibuprofen after having their injections because any discomfort is almost always minimal and temporary. Although rarely reported, headaches may emerge in some people following treatments, in which case acetaminophen or ibuprofen can be taken. However, if you are taking a prescription blood thinner like Warfarin, do not stop taking it until you have talked to your doctor.
- It is expected that you will need repeat treatments at 3-4 month intervals for treatments to be most effective.

Please contact JaLaine Aesthetics and Wellness if you have any concerns regarding your treatment.

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