

# REFINED BEAUTY

## Neurotoxin Pre and Post instructions

### PRE-TREATMENT INSTRUCTIONS

1. Please avoid alcohol, Ibuprofen, aspirin, Motrin and Aleve for 1 week prior to your appointment to avoid bruising.
2. You may not be pregnant or nursing.
3. During the course of your treatments, notify Rachel Ryan, RN LLC of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

### POST-TREATMENT INSTRUCTIONS

1. Serious heart problems and serious allergic reactions have been reported rarely. If you think you've having an allergic reaction or other unusual symptoms, such as difficulty swallowing, speaking, or breathing, call your doctor immediately. The most common side effects following injection with Botulinum Toxin Type A includes temporary localized pain, inflammation, tenderness, swelling, redness, and /or bleeding/bruising. Additional temporary side effects may include infection at injection site, eyelid droop and nausea. Patients with certain neuromuscular disorders such as ALS, myasthenia gravis, or Lambert-Eaton syndrome may be at increased risk of serious side effects.
2. To avoid bruising, avoid alcohol consumption for a minimum of 6 hours and refrain from taking blood thinners such as Aspirin and NSAIDS for several days. Tylenol is recommended if needed for discomfort.
3. To maximize your results and prevent adverse effects:
  1. Stay in erect posture for 4 hours after treatment.
  2. Avoid rubbing, massaging, or scrubbing injection sites for 24 hours after treatment.
  3. Avoid direct high heat (blow dryer, sun exposure, sauna, steam room, very hot shower, hot yoga, strenuous exercise, etc.) for 24 hours after treatment.
4. No facial, chemical peels, or laser treatments for 2 weeks after the treatment.
5. Follow up Appointment: If the desired level of correction has not occurred by day 14, additional treatment may be needed. If you have any questions or concerns regarding your treatment you must contact Rachel Ryan, RN LLC within 2 weeks from the time of treatment to make arrangements to be evaluated. Please note: Additional units will be charged at the current price.
6. Botulinum Toxin Type A relaxes muscles to smooth away dynamic forehead lines and crow's feet; however, it does not remove static or "fixed" lines. If you still have visible fixed lines after your treatment has taken full effect, you may need additional treatments such as laser resurfacing or micro needling to smooth the skin and create new collagen and/or specialty homecare products.
7. Botulinum Toxin Type A lasts 3-4 months on average. It is necessary to wait 3 months to return for treatment as soon as there is more movement or wrinkles in the treatment area than you would like. It is recommended at the time of your treatment to schedule your next appointment for optimal anti-aging and preventive benefits.