

Tox Instructions

Pre-Care Instructions:

- Avoid taking Ibuprofen, motrin, and vitamins up to 1 week prior treatment
- Avoid drinking alcohol (red wine) 24 hours prior to appointment
- You may take Arnica tablets 2-3 days prior to appointment to reduce the risk of bruising
- Have injections no less than 2 weeks prior to a special event

Post-Care Instructions:

- No bending over, lying down at least for 4 hours
- No straining, heavy lifting, or vigorous exercise for 24 hours.
- No massage, facial, peels, microdermabrasion, or laser for one week
- Avoid using Retin-A, Glycolic acid, Vitamin C for 24-48 hours
- Results can be seen in 2-10 days. After the 14th day if you are still seeing movement and do not want that please schedule a follow up appointment