

Neurotoxin Tips

Botox/Jeuveau/Xeomin/Dysport Pre & Post-Treatment Tips

Pre-Treatment Instructions:

- If you have a history of cold sores, please inform your provider prior to treatment. The doctor will need to write a prescription to pre-treat to eliminate the chances of you developing a cold sore post treatment IF you are having injections around the mouth (typically valacyclovir 2 grams twice daily on day of treatment).
- Avoid anti-inflammatory/blood thinning medications 10-14 days prior to treatment. Medications such as: Aspirin, Vitamin E, Ginkgo Biloba, Ginseng, St. John's Wort, Omega 3/Fish Oil Supplements, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections. Alcohol can also thin the blood and increase the risk of bruising post-injection, so we recommend you avoid alcoholic beverages several days prior to injections.
- Schedule your appointment at least 1-2 weeks prior to a special event, such as a wedding or a vacation due to risk of bruising and swelling post treatment.
- Reschedule your appointment at least 48 hours in advance if you have a severe rash, cold sore, or blemish in the treatment area.
- To decrease the chances of lightheadedness during your treatment, ensure you have had a recent meal, including food and drink, before your procedure. Please warn the provider if you have a history of fainting.
- Consider taking Arnica tablets 1 week prior to injections to prevent bruising.
- Reminder: You are not a candidate if you are pregnant, breast feeding, have been diagnosed with a neuromuscular disorder such as Multiple Sclerosis, or have open sores in the treatment area.

Post-Treatment Instructions:

- Do NOT manipulate the treated area for 4 hours following treatment. Do NOT receive facials, facial laser treatments or microdermabrasion for at least 10 days after injections.
- Do NOT lie down or perform activities involving straining, heavy lifting, or vigorous exercise for 4 hours after your neurotoxin treatment. This will prevent the product from migrating into the area around your eye and causing drooping of the eyelid.
- Exercise the treated muscles 10 times per hour for the next day or two to increase the effect of the injections.
- A small bruise may appear at the site of injection.
- It can take approximately 4 to 7 days for results to be seen and it should be almost fully in effect at 2 weeks post-injection. The effects of the injections can be seen as early as 24 hours post-injection, and as late as 3 weeks post-injection. Most people see an effect in about a week (or less). Full effect, especially for furrows between the eyebrows, can take a full 2-3 weeks.
- If the desired result is not seen after 2 weeks of your treatment, you may need additional product. If you were not already scheduled for a recheck, please contact our office for a recheck if you feel corrections are needed.
- The effects of neurotoxin products can last from about 1 to 6 months, with the average being about 3-4 months.