



PRE-TREATMENT CONSIDERATIONS

- Schedule your injection at least two weeks before a special event, vacation or social obligation. Results from neurotoxin injections will take approximately 4 to 14 days to appear. Also bruising and swelling may be apparent in that time period.
- 7-10 days before treatment: Discontinue the use of Aspirin, Motrin, Advil and other NSAIDS , Ginkgo biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E, St. John's Wort, and any other blood thinning supplements to minimize bruising or bleeding. Please consult with your primary physician prior to discontinuing any prescribed blood thinning medications.
- 3 days before treatment: AVOID topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, or other "anti-aging" products. Also AVOID waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- 24-48 hours before treatment: Avoid alcohol, as it can increase the risk for bleeding and bruising at the treated sites.
- Day of treatment: Have a small meal or snack and hydrate prior to your appointment; this can help with nerves and decrease the risk of feeling lightheaded.

CONTRAINDICATIONS + WHEN TO RESCHEDULE

- It is important that you alert us of any medical conditions you may have and/or any prescribed medications you are taking prior to your treatment. *Please notify your injector if you:*
 - Take prescription blood thinners, such as Coumadin or Plavix.
 - Are prone to herpes simplex outbreaks, such as cold sores. Consult your provider on ways to treat prior to treatment.
 - Are pregnant or breastfeeding.
 - Have any allergies.
 - Have open sores in the areas to be treated.
- Any injection introduces the risk for infection. For this reason, the following is taken into consideration when proceeding with injections. *We will delay injectables if you:*
 - Have had any infection, cold, virus, or flu in the past 30 days.
 - Have had any dental procedures in the past 30 days or are anticipating dental procedures or cleanings in the next 30 days.
 - Have had a surgical procedure in the past 30 days or are anticipating a surgery or procedure.
 - Have had any immunizations in the past 30 days or if you're anticipating immunizations.
 - Have had any tattooing or permanent makeup within the past 30 days.
 - Take any immunosuppressive/injectable medications (ex: Biologics such as Humira, Skyrizi, Stelara, Enbrel, Taltz, Cosentyx, Tremfya.)

AFTER YOUR TREATMENT

Your neurotoxin injection pattern is unique to YOU. For all first-time patients, please schedule a follow-up visit two weeks post injection so your injector can assess your results and determine if your injection pattern needs to be adjusted.

- Apply cool compresses to the treatment site to alleviate any discomfort, and reduce potential swelling and bruising.
- Do not apply hard pressure, rub or massage the treated area, unless instructed by your injector. Avoid excessive touching of the area.
- Remain upright for at least 4 hours after treatment. Avoid laying down, taking a nap, or putting pressure on the area where you received injections.
- You may take Tylenol/acetaminophen for any minor pain or discomfort. **Do not** take any NSAIDs (aspirin, ibuprofen, naproxen, Motrin, Advil, Aleve) or blood-thinning supplements such as fish oil, St. John's Wort, flax, Vitamin E, Vitamin D, garlic, Ginkgo Biloba, ginseng, etc. for 2-3 days after treatment.

TOX

PRE + POST CARE



- Avoid applying makeup for 24 hours after treatment, as well as any skincare products you use on your face. This can irritate your skin, potentially disrupt healing or cause infection.
- Avoid exposure to extreme cold and extreme heat for 24 hours, which includes hot showers, tanning beds, hot tubs, and saunas.
- No facials, chemical peels, lash or brow appointments (tinting, lamination, extensions, lifts), waxing, and other aesthetic treatments on or near the face for 2 weeks.
- Avoid hot tubs, steam rooms, and saunas for a full 2 weeks to minimize swelling and reduce infection risk.
- Stay out of the sun for the remainder of the day after treatment.
- Refrain from vigorous physical exercise or strenuous activities for the first 24 hours after treatment.
- While alcohol consumption after treatment is not usually a risk, it is recommended you not drink alcohol for 24 hours as a precautionary measure. Alcohol is a blood-thinner, so it could potentially exacerbate bruising. Some patients also experience dizziness or drowsiness after treatment, which can worsen with alcohol consumption.

RISKS & POSSIBLE SIDE EFFECTS

Botox and Dysport injections are a low risk procedure and most patients do not experience serious side effects. However, you should watch for complications in the first few days after treatment so you know when to seek medical help:

- You can expect some swelling and tenderness near the injected area for a few days. This does not require medical treatment, but soreness can often be treated with a cold compress.
- The treated area can feel stiff following Botox injections. This is completely normal and subsides with time.
- For the majority of patients, the area of injection will appear no different. For a small minority, some minor bruising may occur.
- A few minutes after treatment small bumps may be visible on the skin. These will disappear very quickly.
- Temporary headache is the most commonly reported symptom following anti-ageing injectables, though the number of patients who report headaches is very small compared with the number of treatments performed. Any headache can be treated with usual painkillers.

CONTACT YOUR INJECTOR IMMEDIATELY IF YOU EXPERIENCE THE FOLLOWING SYMPTOMS

- Discoloration around the injection site (blotchy red or white patches.)
- Severe pain to the treated, or surrounding areas.
- Vision changes, muscle weakness, trouble swallowing, or difficulty breathing.
- Fever and chills.

If you have any questions or concerns, please call or text Ari Blanc Medical Spa at (267) 687-7346.