



### **Neurotoxin Pre-Treatment Instructions:**

Do not use Botox® if you are pregnant or breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders. Please inform your provider if you have any questions about this prior to the treatment.

### **Post-Treatment Instructions:**

- You may experience a mild amount of tenderness or stinging sensation following injection.
- Redness and swelling are normal. Some bruising may also be visible.
- You may experience some tenderness at the treatment site(s) that can last for a few hours or a few days. You may have bruises in the areas treated.
- You may apply an ice or cold gel pack to the area(s) as instructed and any pinpoint bleeding from the injection site(s) has subsided, you may begin wearing makeup.

\*for the 1st 4-6 hours you must: keep upright

- Avoid placing excessive pressure on the treated area(s) for the first few days; when cleansing your face or applying makeup, be very gentle.
- Avoid exercise or strenuous activities for the remainder of the treatment day; you may resume other normal activities/routines immediately.
- You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- Avoid extended UV exposure until any redness/swelling has subsided. Be sure to apply an SPF 30 or higher sunscreen.
- Wait 2 weeks before receiving any facial treatment

### **ON THE DAY OF THE PROCEDURE:**

No exercise

No wearing hats

No air travel on day of treatment

No hair washing or blow-drying

Do not touch/massage injected area

No showers