

GUIDELINES FOR NEUROTOXIN TREATMENT

PRE-TREATMENT

1. Avoid all medications listed on our current 'Restricted Medications' list for at least 14 days prior to your treatment. This will help reduce chances of bruising. If you misplace the one provided to you, the list is always on our website for you to download and reference. Tylenol is acceptable to take if you are having any pain symptoms leading up to your treatment. If you have any questions regarding medication use, please contact our office.
2. Schedule injections so that they are not within three (3) days of the start of your menstrual cycle. During this time, you are more sensitive and can be prone to bleeding, bruising and increased swelling.
3. Begin taking Arnica Montana pellets three (3) days prior to injections and continue taking them for five (5) additional days or as long as needed for bruising and/or swelling.
4. If you have a history of herpes and have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to a recurrence. Speak to our office about medications that may minimize a recurrence.
5. Reschedule if you have an active cold sore, blemish or rash on your face before treatment.
6. If you have a special event or vacation coming up, schedule your treatment at least two (2) weeks in advance.
7. You *can* take Tylenol (1000 milligrams) about 30 minutes prior to arrival in the office, which can help with some of the discomfort.

AFTER CARE

1. Ideally, you should maintain direct pressure with a cold compress for several hours after the treatment. The longer, the better. This helps minimize bruising and prevents the Botox/Dysport from migrating to other areas.
2. Despite this, a small percentage of patients will develop bruising. If you develop any bruising, continued icing along with taking Arnica can help minimize this.
3. Sleep with the head elevated 20-30 degrees for 24-48 hours.
4. Avoid any strenuous and/or vigorous activity for 24-48 hours. Increases in your heart rate and blood pressure can lessen the effects of the Botox/Dysport.
5. You can apply makeup right after your treatment.
8. You should begin to notice the desired changes, on average, within 48 hours of the procedure. A good test is to try re-creating the wrinkle for example, by frowning or smiling. There should be minimal muscle movement noted with nearly complete absence of wrinkle formation in that particular area.
9. In some cases where a wrinkle was present even at rest, it may take more time and treatment to see additional improvement.
10. We recommend scheduling your next appointment (3 months) before you leave the office.

QUESTIONS?

Call our offices immediately at (619) 296-3223 if you have any questions or concerns.