



NEUROTOXIN

POST-SERVICE INSTRUCTIONS

NEUROTOXIN

ENVIRONMENT

Remain upright for 4 hours post-service; reclined positions are permitted. Intense workouts and sweating should be avoided for no less than 24 hours post-service. Walking or other low impact exercise is permitted. Avoid compression of the injection site(s), e.g. wearing of a baseball cap or swimming goggles. Avoid swimming for no less than 24 hours post-service. Avoid having animals near the injection site(s). Do not place your face in a massage cradle, or lay face down in a chiropractor or massage table for no less than 24 hours post-service. Refrain from consuming alcohol and the use of the following medications and supplements day of, and in the day following injection: Aspirin, fish oil, Ibuprofen, St. John's Wart, and vitamins D and E.

BEHAVIORS

Cleansing: Application of cool compresses immediately after treatment is permitted for 15 minutes every half hour, as needed to alleviate any pain or swelling. Do not massage or apply direct pressure to treatment area(s). Regular cleansing is permitted with the exception of the use of a Clarisonic facial cleanser.

Product Use: Makeup application is permitted immediately following service; however, care should be taken to apply gently around injection site(s).

Observation: Headache and minimal bruising at the injection site(s) are common side effects. Tylenol is permitted as needed. Prescription migraine medications are not restricted. Botox and Xeomin gradually take effect over 3 to 10 days with optimal results appearing around 2 weeks. A follow-up appointment is encouraged within 2 weeks of the initial service to evaluate treatment outcomes and complete necessary touch-ups as applicable.

