

Pre-Treatment Instructions For Neurotoxins **(BOTOX, DYSPORT)**

**As with any injection, cosmetic injections may cause swelling and bruising. Most episodes are very mild and resolve shortly.**

* To reduce chances of bruising, please avoid the following for 7-10 days prior to your visit: any form of alcohol, aspirin, medications containing ibuprofen, Celebrex and supplements with Vitamin E, Fish Oil, and other herbal supplements (such as gingko, garlic or ginseng).
* You may experience a *mild* headache following your treatment.
* To aid in faster recovery, take Arnica capsules prior to and after the procedure (available for purchase in our offices).

Post-Treatment Instructions For Neurotoxins

* Avoid hot baths, saunas, steam rooms, whirlpools, and hot yoga for 24 hours after treatment. Showers may be taken, as long as they’re not too hot.
* Avoid lying down for 4 hours post treatment.
* You may apply makeup and use your daily skin care regimen after your treatment.
* Avoid intense cardiovascular exercise for 24 hours (i.e. cycling, running, etc…).
* You should expect to see the neurotoxin’s full effect from 3 days up to 2 weeks. The effect lasts an average of approximately 3 months (depending on your muscle strength and how you metabolize the product). Patients with strong muscles may need to be retreated before 3 months to keep their muscle activity suppressed.
* We recommend waiting 5 days before doing a Facial or other skin treatment.
* If you have any concerns or questions please don’t hesitate to call our office at **518-786-7004.**