

# POST-CARE

## NEUROTOXINS

**PLEASE FOLLOW THESE INSTRUCTIONS TO MAXIMIZE RESULTS, AND MINIMIZE THE CHANCES OF SIDE EFFECTS FROM YOUR NEUROTOXIN TREATMENT:**

### **AFTERCARE**

- *AVOID PRESSURE TO THE FACE/HEAD FOR 4-6 HOURS. THIS MEANS NO:*
  - *HATS OR OTHER TIGHT HEADWEAR*
  - *TOUCHING, RUBBING, OR MASSAGING THE AREA(S)*
  - *WASHING YOUR FACE*
  - *FACIALS OR MASSAGES*
- *FOR 12 HOURS AVOID ANYTHING THAT CAUSES FLUSHING OF OR INCREASED CIRCULATION TO THE FACE, INCLUDING:*
  - *EXERCISE*
  - *HAIR WASHING AND BLOW-DRYING*
  - *HOT SHOWERS*
  - *SAUNAS, STEAM ROOMS, ETC.*
- *BEFORE DISCHARGE A TOPICAL ANTI-MICROBIAL MIST AND RESTORATIVE SERUM MAY BE APPLIED TO THE AREA TREATED. WE RECOMMEND THIS PRODUCT AS AFTERCARE TO HELP CALM ANY IRRITATION. IT CAN BE PURCHASED TO TAKE HOME.*
- *AVOID EXFOLIATION, IRRITANTS (RETINOL, CHEMICAL EXFOLIANTS, ETC.), AND SHAVING, UNTIL INJECTION SITES HAVE HEALED.*
- *AVOID ALCOHOLIC BEVERAGES 24-48 HOURS AFTER TREATMENT AS THEY COULD INCREASE BRUISING.*
- *AVOID OTHER FACIAL TREATMENTS SUCH AS LASERS, PEELS, MICRODERMABRASION, MICRO-NEEDLING, ETC. FOR 7 DAYS.*
- *KEEP UPRIGHT FOR FOUR HOURS AFTER THE INJECTIONS. AVOID LYING DOWN OR LEANING FORWARD WHEN POSSIBLE.*
- *MAKEUP CAN BE APPLIED AFTER BLEEDING FROM THE INJECTION POINTS HAS STOPPED. PLEASE USE CLEAN MAKEUP APPLICATORS.*
- *OPTIMAL RESULTS ARE IN 14 DAYS. WAIT AT LEAST 14 DAYS AFTER YOUR INJECTIONS TO START TO EVALUATE THE SUCCESS OF THE TREATMENT. YOU ARE ENCOURAGED TO COME IN FOR AN ASSESSMENT AND TOUCH UP BETWEEN DAY 14 AND 21 DAYS AFTER YOUR TREATMENT.*

### **COMMON SIDE EFFECTS**

- **MANY PATIENTS MAY EXPERIENCE BRUISING OR MILD INFLAMMATION AROUND INJECTION SITES**
- **CONTACT YOUR PROVIDER IF ANY SIGNS OF INFECTION OCCUR**
- **CONTACT YOUR PROVIDER IF YOU EXPERIENCE EYELID OR FACIAL DROOPING**

*QUESTIONS? CALL (470) 272-8730 OR TEXT (706) 696-8879*