



# Neurotoxin Treatment Pre & Post Care Instructions

## Pre-Care

To ensure the best outcome and minimize risks, please follow these guidelines before your appointment:

- Avoid **alcohol, aspirin, ibuprofen, naproxen, fish oil, vitamin E, and other blood-thinning supplements/medications** for at least **3–5 days** prior (unless prescribed by your physician). This helps reduce the risk of bruising.
- Refrain from **smoking** for at least 24 hours before treatment, as it can impair healing.
- Discontinue use of **Retin-A, retinol, glycolic acid, or other irritating skincare products** 2 days before treatment in the injection area.
- If you have a history of **cold sores**, please notify your provider—an antiviral may be recommended.
- Do not schedule treatment if you are **pregnant, breastfeeding, or sick** (cold, flu, infection).
- Arrive with a **clean face**, free of makeup, lotions, or sunscreen.

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## Post-Care

For best results and to avoid complications, follow these after your neurotoxin treatment:

### First 4 Hours:

- Stay **upright** (do not lie down or bend forward excessively).
- Avoid touching, pressing, or massaging the treated areas.
- Do not wear hats, headbands, or anything tight around the treated areas.
- Refrain from vigorous exercise.

**First 24 Hours:**

- Avoid alcohol and strenuous workouts.
- Do not expose treated areas to **extreme heat** (sauna, hot yoga, tanning, hot tubs).
- Do not receive facials, massages, or laser treatments in the treated area.