



PLASTIC SURGERY, REGENERATIVE AND MEDICAL SPA

# Neurotoxin Injections

(Botox, Daxxify, Dysport, Jeuveau, and Xeomin)



## Pre/Post Treatment Instructions

Important Information from Dr. Naomi Placella, NMD  
at DrSkin Plastic Surgery, Regenerative & Medical Spa

# Congratulations!

Congratulations on successfully undergoing your treatment. This document has been meticulously crafted to guide you through the post-operative process, with the goal of ensuring the smoothest possible recovery and achieving the best possible outcomes. It is of paramount importance that you review this information in its entirety and adhere strictly to all provided instructions. Your diligent compliance will significantly contribute to the overall success of your recovery.

Should you have any questions or require further clarification, please do not hesitate to contact Dr. Naomi Placella, NMD and the expert medical staff directly at DrSkin Med Spa at **(888) 717-1631**.



## PRE-TREATMENT INSTRUCTIONS

- **Avoid taking aspirin:** or other non-steroidal anti-inflammatory drugs (NSAID) such as Ibuprofen, Advil®, Motrin®, Nuprin®, Aleve®, Meloxicam, Celebrex®, Fish oil, Ginkgo Biloba, Evening Primrose oil, St. John's Wort and vitamin E for at least 5 days before your appointment, unless medically necessary. CHECK with your physician to confirm if it is safe for you to stop your medication.

- **DO NOT:** drink alcoholic beverages for 48 hours prior to and after your aesthetic treatment.

- **Avoid caffeine:** the day of your treatment.

- **You may take Tylenol®:** (if not contraindicated) one hour before your appointment to prevent any discomfort you may experience. If you have concerns about discomfort.

- **If you are taking:** prescription blood thinners such as Coumadin, Warfarin, Heparin, Plavix or Eliquis, you should check with your prescribing doctor to see if you are eligible to stop these medicines for 7 days before your appointment and at least 2 days after the procedure has been done.

- **If you have a history:** of Herpes Simplex (cold sores) on your lips or face, be sure you inform your injector at least one week prior to your appointment. This will allow us adequate time to prescribe medication to prevent a potential outbreak.

- **Avoid dental procedures:** including teeth cleaning, 3 weeks pre filler treatment and 3 weeks post filler treatment.

- **Arrive at your appointment:** with a clean face. This means no makeup or moisturizer.

- **Eat a meal or a snack:** before your appointment. Be hydrated, too.

- **NO exercise or physical activity:** on the day following your appointment.

- **Arnica pearls can be taken:** orally 1-3 days leading up to your appt.

- **Refrain from exercise:** for the remainder of the day following your injection(s). You may want to refrain from going to any special events for 1-3 weeks post treatment.

Please contact DrSkin Med Spa if you have any concerns following your treatment.



Dr. Naomi Placella, NMD



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## POST-TREATMENT

- **Do not:** love or hate your treatment for 2 weeks. This is the minimal amount of time it takes for the product to reach full therapeutic effect.
- **You may notice:** small lumps or bumps on the skin immediately after treatment. The majority of these will resolve within 24 hours.
- **Reactions to neurotoxins include:** redness, swelling, bruising and tenderness after the injections. These usually subside a few days after the treatment but can last up to a week. If any of these symptoms persist longer than a week, or if you develop other symptoms, please contact our office.
- **You may take Tylenol®:** (if not contraindicated) every 4-6 hours after the treatment to help with any discomfort you may have.
- **Make-up may be applied:** a few hours after the treatment, if no complications are present, such as open wounds, bleeding or infection.
- **In the first 24 hours:** following treatment, limit exposure to sunlight and UV lamps. If sun exposure is unavoidable, use a sunblock with an SPF of 30 or greater.
- **Patients should avoid:** exercise for 24 hours to prevent moving the product into muscles not intended to be treated.
- **Keep head in upright position:** for at least 6 hours post treatment. This means no house cleaning or gardening, yoga, or push-ups.
- **NO:** hats, headbands or visors for 24 hours post treatment. If the nose is being treated (bunny lines) glasses will also need to be avoided.
- **Avoid taking aspirin:** unless medically necessary, and other non-steroidal pain killers.
- **Avoid touching, massaging, or manipulating:** the treated areas for about 24 hours after injection. The treated areas can be washed very gently after 6 hours.
- **Return to clinic in 2 weeks:** for evaluation. Your physician will determine if a touch-up is indicated. If additional treatments are necessary, there will be additional charges at the regular rate. Additional costs of medical treatment would be patient's responsibility if complications develop after the procedure.

Please contact DrSkin Med Spa if you have any concerns following your treatment.

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