



Neurotoxins

Botox, Dysport, Jeuveau, Daxxify, Xeomin

Pre and Post Care Instructions

Pre-Treatment Care:

- Avoid alcohol and blood-thinning medications (aspirin, ibuprofen, fish oil, vitamin E) 24–48 hours before treatment to reduce bruising.
- Stay well hydrated and eat a small meal before your appointment to avoid dizziness.
- Do not schedule your treatment right before a major event to allow time for results to settle.
- Inform your provider if you are pregnant, breastfeeding, or have any neuromuscular disorders.

Post-Treatment Care:

- Avoid touching, rubbing, or massaging the treated area for at least 4–6 hours.
 - Stay upright for 4 hours post-treatment; avoid lying down immediately.
 - Avoid intense exercise, saunas, or hot tubs for 24 hours to prevent diffusion of the neurotoxin.
 - Bruising or swelling may occur—use cold compresses if needed.
 - Results take 3–7 days to fully appear and last 3–4 months.
 - Avoid alcohol and blood thinners for 24 hours post-treatment.
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Dermal Fillers

Juvederm, Restylane, RHA, Sculptra

Pre-Treatment Care:

- Avoid alcohol and blood-thinning medications (aspirin, ibuprofen, fish oil, vitamin E) 3–5 days before treatment to reduce bruising.
- Stay hydrated and eat before your appointment to prevent dizziness.
- If prone to cold sores, take antiviral medication (like Valtrex) 1–2 days before treatment.
- Avoid dental work, vaccines, or facials at least 2 weeks before and after treatment.

Post-Treatment Care:

- Expect mild swelling, redness, and bruising for a few days.
- Use cold compresses to reduce swelling, but avoid firm pressure.
- Avoid intense exercise, heat exposure, or alcohol for 24–48 hours.
- Do not massage or manipulate the treated area unless instructed.
- Sleep with your head slightly elevated to reduce swelling.
- Avoid makeup for at least 12 hours post-treatment.
- Results are immediate, but final results appear after 1–2 weeks once swelling subsides.

Pre-Treatment Skincare:

- Alastin Skincare Regenerating Skin Nectar: This product is designed to support the skin's natural regeneration process, enhancing its receptivity to treatments.
- ISDIN Eryfotona Actinica: A broad-spectrum sunscreen that protects the skin from UV damage, ensuring it's in optimal condition before undergoing injectable procedures.

Post-Treatment Skincare:

- EltaMD Skin Recovery Serum: Formulated to calm and repair the skin barrier, this serum helps reduce redness and sensitivity following treatments.
- Avene Cicalfate+ Restorative Protective Cream: Known for its soothing properties, this cream aids in the recovery of sensitive or compromised skin post-procedure.
- Hydrinity Restorative HA Serum: This serum provides intense hydration, promoting faster healing and maintaining skin elasticity after injectables.

Please contact your local office with any questions you may have on your treatment.