



Anti-Wrinkle Injections Instructions

Anti-Wrinkle Injections Pre-treatment

1. Avoid alcohol 24 hours prior to your treatment.
2. Avoid hair removal, waxing, bleaching, hair removal creams, and tweezing prior to your treatment.
3. Seek your doctor's advice before stopping any prescribed medications including over the counter such as Aspirin.
4. Avoid taking the following medications for 7 to 10 days prior to your treatment Nuprin, Celebrex, Aleve, Ibuprofen, Advil, St. John's Wort, Ginko Biloba, Vitamin E in high doses and any type of fish oil.
5. Avoid direct sun or sunburn at the treatment site (s).
6. If you are prone to cold sores, ask your doctor for advice about taking prophylactic medicine at least one week prior to your treatment.
7. Inform the cosmetic injector about any medications including herbal or over-the-counter medications you are taking.
8. Eating a small amount of food and drinking water prior to your treatment is recommended.
9. Inform the cosmetic injector if you are prone to fainting, or a fear of needles.
10. Arnica Montana ointment, or pill form formulation may assist with bruising. If you choose to you can apply the cream on the day of the treatment. For the pill formulation follow the recommended instructions Arnica Montana provide.

Anti-wrinkle injections Post-treatment After Care

With regards to onobotulinum toxin A neurotoxin treatments there is minimal aftercare. However, the following is recommended:

1. Avoid facials, peels, and laser skin treatments for at least two weeks.
2. For 24-hours avoid facial massages, and exfoliating scrubs. If you want to cleanse your face, very gentle cleansing only. It is best to leave the treated area alone for 24 hours.
3. Avoid any invasive facial skin treatment for at least one month after your treatment.
4. It is best to avoid using make-up for up to 24- hours. Mineral makeup is fine if you do want to wear makeup.
5. Avoid touching, rubbing, or applying physical pressure to the treatment area. Just leave it be.
6. If you must exercise, gentle exercise only and maintain a normal heart rate for 24 hours after treatment.

7. You can exercise as normal after 24 hours.
8. Do not lie down and remain sitting up for 6-hours after your treatment. Lying down or bending over may promote bruising and spread the neurotoxin that could cause unwanted effects.
9. Avoid consuming alcohol for at least 24 hours prior to your treatment and 24-hours after your treatment.
10. Try to avoid sleeping on the area that was treated and do not go to sleep within 6 hours of your treatment.
11. Avoid direct sun exposure for at least 6 hours after your treatment as direct sunlight can promote bruising. It is best to avoid the sun and any other forms of heat exposure including saunas, hot tubs, steam rooms, and overly hot showers for 24 to 48-hours after your treatment.

When to Seek Medical Attention Immediately

After receiving neurotoxin treatments redness, slight swelling, tenderness, and bruising are common. Applying intermittent icepacks and arnica cream will help promote healing. Botox, Xeomin, and Dysport can cause serious side effects that can be life threatening. Get medical attention if you have any of the following problems within hours or weeks after your treatment:

1. Vision changes.
2. Difficulty speaking or saying words clearly.
3. Difficulty speaking, hoarseness, or loss of voice.
4. Difficulty swallowing
5. If you experience loss of strength, and muscle weakness all over the body.
6. Poor bladder control.
7. Difficulty breathing.

Social activities

- You may use mineral makeup 24 hours after the treatment.
- If you have upcoming events within 4 weeks of your treatments, be aware it can take up to 4 weeks for the full healing process. Skin dryness, and flaking can occur for up to 2 weeks after your treatment.

If you have any concerns or questions, please don't hesitate to contact NLHB on 406 581 8032.