



Neurotoxin Injection Before and After Care

Prior to the Neurotoxin Injection treatment, please observe the following:

- Avoid Advil, Aleve, Aspirin, Ibuprofen, Motrin, Naprosyn, (all non-steroidal anti-inflammatory agents), Vitamin A, Vitamin E 2 weeks after your treatment. If you have a cardiovascular history, please check with your doctor prior to stopping use of aspirin.
- Do not use neurotoxins if you are allergic to any of their ingredients or have a skin infection at the planned injection site.

After-care instructions for Neurotoxin Injections:

- Avoid touching your face and wearing makeup the day of procedure.
- Avoid significant movement or massage of the treated area unless instructed by provider.
- Avoid tanning, extensive sun, or heat for 24 hours (no sauna, hot tub).
- Avoid strenuous exercise or anything that increases your heart rate for 24 hours.
- Avoid consuming excess amounts of alcohol or salts to avoid excessive swelling the day of your treatment.
- Do not lie down or bend over with your head down within 4 hours following your treatment. Please squat rather than bending over at the waist during this time.
- If there is bruising at the injection site, ice the area(s) for 10 minutes on, 10 minutes off, as much as possible for the first 24 hours while awake.
- Avoid facials, massages, exfoliating the area for one day post-procedure.
- Please wait until the day after treatment before wearing hats or headbands.

- Use Tylenol (acetaminophen) for headache or discomfort. No NSAIDs (ibuprofen, aspirin) for 24 hours as they can increase bleeding.
- If this is your first neurotoxin treatment, please follow up 2 weeks post-treatment with your provider for reevaluation and "after" photos. This will help us evaluate proper dosage for your next treatment.

If you are concerned about any reaction, please call XO Betty and contact your healthcare provider immediately.