**Neurotoxin Instructions**

*Botox, Dysport, Xeomin, and Jeuveau*

**Pre-Treatment Instructions:**

-Bruising at treatment site(s) may occur. To minimize bruising, inform your provider prior to treatment, if you use blood thinning prescriptions or supplements. These include, but are not limited to: aspirin, ibuprofen, Aleve, naproxen, NSAIDs, Meloxicam, St. John’s Wort, Turmeric, Omega 3’s (fish and flax seed oil), Ginkgo Biloba, Garlic, Ginseng, Vitamin E, and CoQ10. These should be stopped 1 week prior to treatment.

-Inform your provider if you are taking Aminoglycoside prescriptions, such as neomycin, gentamicin, or tobramycin.

-Inform your provider if you are taking anticholinergic prescriptions, such as Atropen, dicyclomine, hyoscyamine, or oxybutynin.

-Inform your provider if you are taking Calcium Channel Blocker prescriptions, such as verapamil, amlodipine, Procardia, Cardizem, or diltiazem.

-Please let your provider know if you have an allergy to cow’s milk protein.

-Please let your provider know if you have any neuromuscular disorder, such as Myasthenia Gravis, Lambert-Eaton Syndrome, ALS, or Lou Gehrig’s disease.

**Post-Care Instructions:**

-Remain upright for 4 hours after treatment.

-AVOID exercise for 24 hours after treatment.

-AVOID rubbing, massaging, touching the treated area(s).

-Make facial expressions of the treated area(s) for 1 hour after treatment, as directed by your provider.

-Slight swellings resembling tiny mosquito bites may occur for 10 minutes after injections.

-Tenderness, numbness, or tingling may occur at the injection sites.

-AVOID drinking alcohol for 24 hours after treatment, as this may contribute to bruising at the treated area(s).

-AVOID wearing all headwear, hats and headbands on the day of treatment.

-AVOID extended UV exposure and tanning beds for 24 hours after treatment. Apply spf 30 or higher sunscreen to the treated areas as directed by your provider.

-AVOID retinol/Retin-A and products containing acids (glycolic, lactic, salicylic) for 3 days after treatment.

-We recommend you wait a minimum of 1 week before receiving any skincare, laser, massage, facial or chiropractor services.

-Headache may occur after injections for 24 hours, and Tylenol can be taken to help alleviate this.

-If your lip area was treated, you may not be able to sip from a straw, whistle, or enunciate some words for 2 weeks.

-Although you may see and feel the neurotoxin working within 72 hours, full effect is typically seen at 2 weeks after injections.

If this is your first treatment with us, or your first treatment with neurotoxins, please follow up in 2 weeks for any concerns to re-assess the areas for proper dosing.

Neurotoxins, on average, last 3 to 4 months. The most typical side effects are bruising, tiny swellings, headache, and redness. These are temporary and will resolve. However, if you experience any additional side effects, please contact your provider or the office immediately.

­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Patient Printed Name Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Patient Signature

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Provider Signature Date