



# NEUROTOXIN PRE & POST CARE INSTRUCTIONS

## PRE CARE

- 1.AVOID CERTAIN MEDICATIONS:** Avoid taking blood-thinning medications for 7-10 days before the procedure as they may increase the risk of bruising and bleeding: Such drugs include aspirin, ibuprofen, Motrin, Advil, Aleve, Nuprin, Celebrex, including high doses of Vitamin E and Fish oil.
- 2.ABSTAIN FROM ALCOHOL:** Avoiding alcoholic drinks at least 24 hours before treatment is ideal. Alcohol can thin the blood and increase the chance of bleeding, bruising and delayed healing.
- 3.AVOID THE SUN:** As it is difficult to administer neurotoxin treatment on sunburnt skin, it is best to minimize sun exposure before treatment.
- 4.AVOID GARLIC:** Avoid garlic-containing foods a week before treatment to lower your chances of bruising.
- 5.AVOID CERTAIN FACIAL ACTIVES:** Avoid topical products like Retinols, Retinoid, Glycolic Acid, Renin-A (Tretinoin), or other anti-aging products for at least two days before your treatment.
- 6.RESCHEULING:** Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area.



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## POST CARE

- 1. EXERCISE YOUR TREATED MUSCLES:** For the first 30 minutes after treatment, practice various facial expressions like frowning, raising your eyebrows and squinting. Doing so enhances botulinum toxin absorption in the targeted muscles. Although this has been thought to help final results, failing to do so will not adversely affect you.
- 2. AVOID RUBBING/MASSAGING:** Do not rub or massage the treated area for at least 2 hours after your treatment.
- 3. AVOID STRENUOUS EXERCISE:** Avoid anything strenuous for 4 hours after treatment. Likewise, avoid facials or saunas after treatment. Doing so minimizes the risk of increasing your blood pressure and therefore minimizes the risk of bruising. Showering and doing other regular daily activities are fine!
- 4. STAY UPRIGHT:** Do not lie down for 4 hours after treatment. This avoids the risk of pressure on the treated area from your pillow and avoids the risk of having the treatment area accidentally rubbed.
- 5. REST ASSURED:** Any tiny bumps/marks will go away within a few hours after treatment. If applying make-up within 4 hours of treatment, only apply a gentle touch to avoid rubbing the treated area.
- 6. BE PATIENT:** Final results take up to 14 days to take full effect. Please wait until the 14 days has passed before assessing if you are happy with the final result.
- 7. FOLLOW-UP VISIT:** In two weeks, you may need to see our nurse for a brief follow-up assessment to see how your facial muscles reacted to treatment.

Questions/concerns? Please call or text the office at 647-560-8333 or send an email to [info@lasermedicalclinic.com](mailto:info@lasermedicalclinic.com)