

# Neurotoxin

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## General Pre-Treatment Instructions for Neurotoxin

Please follow these precautions to minimize bruising and ensure optimal results:

### Medications & Supplements (7 Days Before)

Avoid blood-thinning agents such as:

1. Aspirin
2. Ibuprofen (Advil, Motrin)
3. Naproxen (Aleve)
4. Fish oil, Vitamin E, Ginkgo Biloba, Garlic, Ginseng, St. John's Wort

Note: Always consult with your prescribing doctor before stopping any medications.

### Avoid Alcohol (24–48 Hours Before)

- Alcohol increases the risk of bruising and swelling.

### Stay Hydrated

- Drink plenty of water to help with healing and skin hydration.

### Avoid Dental Work

- No dental cleanings or procedures 2 weeks before or after filler to reduce infection risk.
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## Tox-Specific Post-Treatment Instructions

1. **Remain Upright**
  - Do not lie down or recline for 4 hours post-injection.
2. **Avoid Touching or Rubbing** Do not massage or apply pressure to treated areas for 24 hours to prevent unwanted spread.
3. **Facial Movement is OK** Gently move your facial muscles (frown, smile) to help distribute the Botox.
4. **Avoid Strenuous Activity** No vigorous exercise for 24 hours post-treatment.
5. **Skip Heat & Skin Treatments** Avoid hot showers, saunas, facials, or laser treatments for 24–48 hours.
6. **Results Timeline**
  - Effects begin within 3–5 days, with full results in 10–14 days.
  - Touch-ups (if needed) are usually done after 2 weeks.