

NEUROTOXINS

PRE AND POST CARE

Neurotoxins are commonly used to temporarily relax facial muscles, reducing the appearance of fine lines and wrinkles. These treatments work by blocking nerve signals to the muscles, softening expression lines, and preventing the formation of new wrinkles. Neurotoxins are most effective in treating areas like the forehead, crow's feet, and frown lines.

Results from neurotoxin treatments typically begin to appear within 3-7 days, with full results visible around two weeks post-treatment. The effects last 3-6 months; follow-up treatments are recommended to maintain the desired appearance.

Pre- and post-care instructions should be followed to achieve optimal results and reduce complications. If you need any issues covered here, contact our clinic for further advice.

Pre-Treatment Care

- **Avoid blood thinners:** Do not take aspirin, ibuprofen, or other blood-thinning medications for at least one week before your treatment unless your healthcare provider advises otherwise.
- **No alcohol:** Alcohol consumption should not be consumed 24 hours prior to your appointment.
- **Clean face:** Arrive at your appointment with a clean face, free from makeup, creams, or lotions.
- **Stay hydrated:** Be sure to stay hydrated before your appointment by drinking plenty of water.
- **Avoid sun exposure:** Limit direct exposure and refrain from tanning for at least a week before treatment.
- **Discuss medications:** Inform your provider of any medications or supplements you take, as some may affect the treatment or healing process.

Post-Treatment Care

After your neurotoxin treatment, it's essential to follow these post-care guidelines to ensure optimal results and minimize any side effects:

- **Avoid touching the treated areas:** Do not rub, massage, or apply pressure to the injection sites for at least 24 hours to prevent the neurotoxin from spreading to unintended muscles.
- **Stay upright:** Remain upright for at least 4 hours after the procedure to prevent the neurotoxin from migrating to other areas.
- **No strenuous activity:** Avoid exercise, heavy lifting, or intense physical activity for 24 hours to reduce the risk of bruising and swelling.
- **Avoid heat exposure:** Steer clear of hot showers, saunas, and sunbathing for at least 48 hours, as heat can interfere with the effectiveness of the treatment.
- **Use a gentle cleanser:** Don't scrub your treated areas when washing your face.
- **No makeup:** Do not apply makeup or other skin care products to the treated areas for at least 24 hours post-treatment.
- **Cold compress:** For swelling or discomfort, you can apply a cold compress over the treated areas for 10-15 minutes at a time.
- **Avoid alcohol and tobacco:** For 24-48 hours after the procedure, avoid alcohol and smoking, as these can slow down the healing process.

If you have any questions or concerns about your pre- or post-care for neurotoxin treatments, please don't hesitate to contact our clinic. Getting to your aesthetic goals is our number one priority.