

# Wrinkle relaxers (Tox)

## Pre and Post Treatment Instructions

Products: Jeuveau and Xeomin

### Pre Treatment Instructions

- If you have a special event or vacation coming up, please keep in mind that you may want to schedule your treatment at least 2 weeks in advance.
- It is recommended to discontinue the use of Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week before and after treatment to minimize bruising or bleeding. Please consult with your primary physician prior to discontinuing any medications.
- Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods, and cigarettes 24-48 hours before and after your treatment. (All of these factors may increase risk of bruising and swelling).
- If you develop a cold / flu, cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, we recommend that you please reschedule your appointment until it resolves.
- It is recommended to discontinue Retin-A two (2-3) days before treatment to avoid any increased redness and irritation.
- It is recommended that you wait at least 2 weeks to have botulinum toxin treatments performed if you have previously had cosmetic treatments with laser, ultrasound, peels, facials or micro-dermabrasion.

## Post Treatment Instructions

- DO NOT lay flat (stay in upright position) for at least 4 hours after treatment
- Avoid strenuous exercise for 24 hours; all other normal activities may be resumed as normal. Avoid massage or rubbing the treatment area.
- Avoid Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week after treatment. These items may increase bleeding and bruising.
- Ice (but avoid firm pressure) for 15 minutes 3 times the day of treatment - You may take Acetaminophen/Tylenol if you experience any mild tenderness/discomfort
- Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods, and cigarettes 24-48 hours after your treatment. These items may contribute to increased swelling or irritation.
- Avoid the use of Retin-A or similar products (ex. Kinerase, Tazarac) 2 days after treatment to avoid increased irritation or redness.
- Avoid cosmetic treatments such as laser, ultrasound, facials or micro-dermabrasion for 2 weeks after treatment with neuromodulators.
- Try to avoid wearing makeup until the day after treatment. Earlier use may cause pustules.
- Please report to your provider if any increased pain, increased swelling, redness, blisters, or itching immediately, should it occur following your treatment.
- The treatment may take up to 14 days to take full effect.
- Avoid wearing hats or headbands after treatment.
- A 2 week follow up is encouraged to reassess and provide any necessary touch ups