

## INSTRUCTIONS

### Neurotoxin Treatments

#### WHAT CAN I EXPECT?

All neurotoxin (e.g. Botox®, Dysport®) treatments are performed in our serene aesthetics suite—no general anesthesia, no incisions, and minimal downtime. Your provider will share a tailored plan that honors your unique goals, integrating elegance, precision, and empowerment.

#### PRE-TREATMENT INSTRUCTIONS

- Avoid blood thinners (e.g. NSAIDs, aspirin, supplements) and alcohol 24–72 hours prior to reduce bruising.
- Arrive makeup-free; come rested and hydrated.
- Disclose any relevant medical history—neuromuscular conditions, allergies (including Botox, egg, milk), or pregnancy/breastfeeding—before scheduling.
- If you're prone to cold sores, antiviral prophylaxis may be recommended.
- Optional: Use arnica topically or orally in the days before to help minimize bruising.

#### POST-TREATMENT CARE

Because these treatments are non-invasive, there is minimal to no downtime. However, to care for your skin effectively after treatment, we advise the following:

- Stay upright and avoid lying down or bending forward for a minimum of 4 hours.
- Don't touch, rub, or massage the treated area for 4–24 hours.
- Skip workouts, saunas, facials, and tight headwear for at least 24 hours.
- Cleanse gently after the treatment; wait at least 4 hours before applying makeup and avoid exfoliants for a day. Hydrate and protect the skin with calming products and sunscreen.
- Expect subtle improvement in 3–7 days; full radiance in about 10–14 days. Results generally last 3–4 months (individual experiences may vary).
- A 2-week follow-up will ensure your result is just right—and just yours.

If you have additional questions about your upcoming facial aesthetic service, please call us at 317.785.7470.