



SEI TU BELLA  
AESTHETICS

REGENERATIVE  
MEDICINE

## NEUROTOXIN PRE / POST INSTRUCTIONS

Do not use Botulinum Toxin A if you are pregnant or breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders.

This treatment is not recommended if you have an important event within 2 weeks of injection due to the potential for bruising or adverse outcomes

Avoid herbal supplements such as Ginko, green tea, and anti-inflammatory medications (Aleve, Advil, Ibuprofen, Naproxen, Aspirin, etc.) for 2 weeks before and 2 days following treatment to limit bruising -To decrease the risk of bruising, we recommend that you do not drink alcohol for 5 days before your appointment– You may notice small areas of redness and/or small bumps at the injection sites immediately following your treatment. These will resolve quickly, usually within 15 minutes.

We recommend that you make a follow-up appointment for 2 weeks after your treatment so that we can evaluate your results and determine if any adjustments to your dose need to be made, especially if this is your first time getting Botox with us. After your Neurotoxin appointment, there are minimal restrictions; however, we recommend the following to decrease the risk of ptosis (dropped eyebrows):

Avoid straining, heavy lifting, and/or vigorous exercise for 3-4 hours following treatment. It takes the toxin approximately 2 hours to bind itself and we do not want to increase circulation to inadvertently move the medication from where it was injected.

Avoid rubbing, touching, pressing, massaging or manipulating the treated area(s) for 3-4 hours after treatment (for the same reasons listed above).

When cleansing your face or applying make-up, use gentle, sweeping motions to avoid excessive mobility of the area(s).

Avoid lying down or bending over for 3-4 hours after treatment as this may allow treatment to settle in undesired directions.

You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort.

Avoid extended UV exposure until any redness/swelling has subsided. Apply SPF 30 or higher sunscreen to the treated area(s).

It is recommended to discontinue Retin-A for 24 hours in the treated areas to avoid increased redness and irritation

We recommend that you perform facial exercises in the injected area(s) for 1 hour following treatment to stimulate the binding of the toxin only to the localized area (e.g. practice frowning, raising your eyebrows, or squinting).

## **FYI**

Results of your treatment can take 2-10 days to take full effect, although many people will start to recognize the benefits in 3-5 days after treatment. The neurotoxin is still becoming increasingly effective even at the 2-3 week mark. If any additional units are needed, they will not be placed until at least 14 days have passed from the initial treatment. Other disclosures that are relevant and of significant importance are those that are listed on the product brand websites and the official list of disclosures.