

Element

Medical Aesthetics

80 Main Street | New Canaan, CT | 203.594.1907 | hello@elementct.com

NEUROTOXIN PRE + POST CARE

PRE TREATMENT INSTRUCTIONS

- Avoid all blood-thinning medications and supplements for three days after your appointment. This includes prescription blood thinners and over-the-counter medication such as aspirin, ibuprofen, Motrin, and Aleve. Also avoid herbal supplements such as garlic, vitamin E, ginkgo biloba, St. John's Wort and omega-3 capsules. If you have a cardiovascular history, please check with your doctor prior to stopping use of aspirin.
- Do NOT use neurotoxins if you are allergic to any of their ingredients or have a skin infection at the planned injection site.
- Schedule neuromodulator appointments at least four (4) weeks prior to a special event such as a wedding or a vacation to allow for optimal results. It can take 2 weeks for neuromodulators to take full effect. If a touch-up is necessary, it is done 2 weeks post-treatment.
- Results will take approximately four 2-7 days to appear. Optimal results are seen around 2 weeks.
- Mild bruising and/or swelling may occur.
- Reschedule your appointment if you find a rash, cold sore, or blemish in the treatment area.
- If you have a history of cold sores, please let your provider know.
- Avoid alcoholic beverages at least 24 hours prior to treatment. Alcohol may thin the blood and increase the risk of bruising.
- If you would like to minimize the risk of bruising after treatment, please consider: Arnica Montana topical or oral tablets, bromelain (abundant in pineapple).

POST TREATMENT INSTRUCTIONS

- Avoid massaging the area and direct pressure (hats, headbands, goggles, etc.) for 24 hours after treatment.
- Avoid vigorous exercise for 4 hours post treatment.

- Avoid lying down 4 hours after treatment.
- Avoid sauna and hot tubs for 4 hours after treatment.
- Avoid Aspirin, Motrin, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids for at least 3 days after treatment. Taking these may increase the risk of bleeding and/or bruising. If you have bruising, it will fade and go away like any other bruise. This may take up to 7-10 days.
- Avoid alcohol, high-sodium foods, high-sugar foods, and cigarettes 24-48 hours after your treatment. Using these may increase the risk of swelling and/or irritation.
- A mild headache and discomfort at injection site may occur.
- The tiny bumps or marks will go away within a few hours after your treatment.
- There is a risk of bruising and asymmetry. Asymmetry may be corrected at the 2 week follow up.

FOLLOW-UP TREATMENT

- The effects of Neurotoxin begin anywhere from 2-7 days after treatment.
- It can take up to 2 weeks to see optimal results.
- Follow up should be scheduled between 12-15 days later at which point additional units may be added if necessary (up to additional 10 units are complementary for follow-up).
- Please contact us with any questions or concerns you may have.