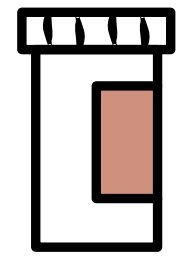


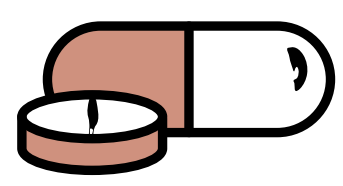
INJECTABLES

NEUROTOXINS POST-CARE POLICIES



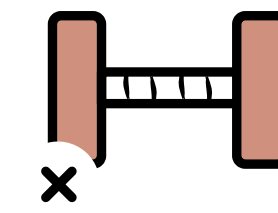
Medications

Avoid all medications/supplements/foods/alcohol (unless medically necessary) that were listed in the [Pre-Care Policies](#) until swelling and bruising has healed.



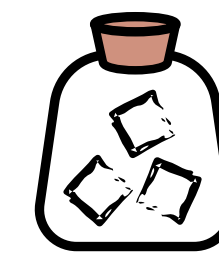
Pain Relief

If you experience a need for pain relief, please use Tylenol (unless it is contraindicated to a condition you have or medication you are taking).



Exercise

Avoid exercise until swelling/bruising has healed to prevent increasing circulation and prolonging the healing process.



Bruising/Swelling

If you experience bruising/swelling, take Arnica until it subsides. Always follow the instructions on the label and do not take it if it is contraindicated with any of your medications/medical conditions (such as high blood pressure).



For upper face injections, please allow 3 weeks before evaluating results. At 3 weeks, take photos to share with your provider at your next appointment. In your photos, be sure to include the following facial expressions: (1) straight face, (2) big smile, (3) raised eyebrows, and (4) furrowed eyebrows.

For masseter injections, please allow 6-8 weeks before evaluating results.

If this is your first neuromodulator treatment or if an adjustment to your dose has been made, please take “after” photos 2 weeks post-treatment to bring to your provider at your next appointment. Please take the following photos: straight face, big smile eyebrows, scrunching nose, and furrowing brows. You can also text them to us at 888-617-1215, which will automatically upload them to your chart. These photos will help us to evaluate proper dosage for your next treatment!



**First 24 hours
after treatment**

- Avoid exercising
- Do not wear any hats or headbands
- Do not lie down or bend over with your head down within 3 hours following your treatment (ex: squat instead of bending over at the waist)
- If there is bruising at the injection site, ice the area(s) in 10-minute intervals as much as possible (10 minutes on, 10 minutes off).
- Do not apply ice packs directly to the skin.



**For two weeks
after treatment**

- Avoid facials, massages, exfoliating, Clarisonic Devices, and lash/brow appointments.



**Until bruising
has healed**

- Avoid tanning or prolonged exposure to sunlight as this can cause hyperpigmentation.
 - Continue to avoid exercising until bruising has healed to avoid increasing circulation and prolonging the healing process.
-

Please read these instructions in full to ensure you are not missing important information. Following post-care will not only reduce the chances of complications and speed healing time, but will also product better results.