



Neurotoxin After Care Instructions

Immediately following toxin injection, the most commonly reported side effects could include:

- Temporary redness and swelling at the injection site.
- Mild headache
- Bruising at or around the injection site
- A sensation of “numbness” or tingling at the injection site
- Feeling of pressure or fullness at or around the injection site(s)
- Droopy eyelid (ptosis) – if this occurs, you need to contact us immediately.

To help minimize any side effects:

- Cold gel packs/ice may be used immediately after treatment to reduce swelling. Tylenol is recommended if needed for any pain. You may also use Arnica gel and/or sublingual pellets.
- Avoid significant movement or massage of the treated area unless instructed by provider.
- Avoid tanning, extensive sun, or heat for 24 hours (no sauna, hot tub).
- Avoid strenuous exercise or anything that increases your heart rate for 24 hours.
- Avoid consuming excess amounts of alcohol or salts to avoid excessive swelling the day of your treatment.
- Do not lie down or bend over with your head down within 4 hours following your treatment. Please squat rather than bending over at the waist during this time.
- If there is bruising at the injection site, ice the area(s) for 10 minutes on, 10 minutes off, as much as possible for the first 24 hours while awake.
- Avoid facials, massages, exfoliating the area for one day post-procedure.
- Please wait until the day after treatment before wearing hats or headbands.
- Use Tylenol (acetaminophen) for headache or discomfort. No NSAIDs (ibuprofen, aspirin) for 24 hours as they can increase bleeding.

Follow up appointment:

- Muscles injected with neurotoxin will show resistance to movement within 3-7 days, but results can take up to 14 days for the full effect.
- If the desired effect has not occurred by day 14, and you have been treated with the recommended number of toxin units, a touch-up treatment or additional toxin units may be needed. Please call to schedule an appointment.
- Neurotoxins last, on average, 3-4 months. It is recommended at the time of your treatment to schedule your next appointment for optimal anti-aging benefits.

All of the above side effects are temporary and will resolve as Neurotoxin is metabolized. However, please call our office at (414) 315-3122, to notify us if you have any concerns rising from your Neurotoxin treatment.