



## Neurotoxin Pre-Appointment Instructions

Neurotoxins are used for the temporary relief of wrinkles (rhytids), most typically of the forehead, brow, and "crow's feet" region. There are 4 commonly utilized neurotoxins in the United States: Botox, Dysport, Jeaveau, and Xeomin. Our practice offers Botox currently. All these products are very similar in nature and effect with subtle differences between them. A small percentage of people will be resistant to one or more of these toxins. Therefore, when treated, if the utilized agent is either ineffective or less than fully effective, you may respond better to one of the others. The toxin itself is a medically manufactured drug which has its initial origin from bacteria that produces a toxin and is associated with botulism. While that sounds alarming, these toxins have been utilized in medicine for decades and have many different uses in addition to the above including treatment of migraine headaches and muscle spasticity.

Their safety and efficacy have been proven extensively. The effects of these toxins last for 2 to 4 months. The toxin itself blocks the transmission of information from a local nerve to the associated muscle, and, therefore, with the muscle unable to fully flex, there are fewer lines associated with the commonly treated areas. There are other areas of the facial region that are treated with Botox, such as the upper lip or even the neck. These treatments are what are considered FDA off-label, and your provider will explain in more detail what that means. In general, it is that the drug is safe and effective for that use, but it has not been specifically queried to and approved by the FDA for that use. As to the actual treatment, expressing your concerns and having a very detailed consultation with your provider is very important, especially for your first treatment and/or your first treatment with our practice.

### **To help minimize any side effects:**

For optimal results, and to minimize the chance of bleeding or bruising at the injection site:

- Please avoid all blood-thinning medications and supplements for one week before your appointment. This includes over-the-counter medication such as aspirin, ibuprofen, Motrin, and Aleve.
- Also avoid herbal supplements such as garlic, vitamin E, ginko biloba, St. John's Wort and omega-3 capsules (fish oil).
- 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.
- If you are on a prescription blood-thinner, please tell your provider at your consultation immediately.
- Do not wear makeup or other facial products to your appointment, if at all possible.