



Neurotoxin: Pre and Post Care Patient Instructions

Neurotoxin is the #1 aesthetic treatment worldwide. Neurotoxins are FDA approved for treatment of frown lines and crow's feet (glabellar and lateral canthal lines) to temporarily decrease the appearance of fine lines and wrinkles. This procedure helps to give the face a youthful, smoother appearance. While results may be seen immediately, full results & benefits develop over the next 14 days. Neurotoxin results tend to peak in self-assessment satisfaction at approximately 30 days post-injection, and then decrease gradually over the next 2 months (subject's own assessment of change & appearance of glabellar lines). Patients can expect a gradual return of facial muscle movement at 60 through 90 days post-injection. The procedure should be repeated regularly (every 90 days) if continued results and line reduction is desired.

PRE TREATMENT:

- For optimal results, and to minimize the chance of bruising at the injection site, please avoid all blood thinning medications for 1 week prior to your appointment, including aspirin and non-steroidal anti-inflammatory drugs (NSAIDS), such as Ibuprofen, Aleve and Tylenol. Do not discontinue medications such as Coumadin, Plavix that are taken for a medical condition. Please note, while it is optimal to avoid blood thinning medications and supplements, it is not a contraindication to Neurotoxin treatment.

POST TREATMENT:

- Possible **temporary** side effects include:
 - Mild headache
 - Bruising at injection site
 - A sensation of "numbness" or tingling at injection site
 - Feeling of pressure or fullness at injection site
 - Droopy eyelid (ptosis) or brow– If these side effects occur, please call our office as soon as possible.
- Immediately following toxin injection, the most commonly reported side effects are temporary redness and swelling at the injection site. Cold gel packs/ice may be used to reduce swelling.
 - To minimize the chance of bruising, refrain from taking blood thinning medications and supplements for 2-3 days after treatment.
 - Tylenol is recommended if needed for any pain.
 - Arnica topical gel and Healer Concealer are recommended to help reduce pain, swelling, and bruising.
- To maximize your results after neurotoxin treatment:

- Do NOT go in a sauna or steam room for the first 48 hours.
 - Do NOT massage injection sites for 48 hours following your neurotoxin procedure.
 - Do NOT receive a facial or massage for the first 7 days following your procedure.
 - Do NOT use any electrical/mechanical facial device for 7 days following your procedure.
 - Do NOT lay down for 3-4 hours following your procedure.
- Follow up appointment: Muscles injected with neurotoxin will show resistance to movement within 3-7 days, full results & benefits develop over the next 14 days. 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 with additional units may be needed. Please call to schedule an appointment.
 - It is recommended at the time of your treatment to schedule your next appointment for optimal anti-aging benefits, approximately 90 days post-injection. As VanderVeer Center is the leading provider of neurotoxin injections in the state of Oregon, you are eligible to participate in any applicable manufacturer rebate programs.

All of the above side effects are temporary and will resolve as Neurotoxin is metabolized. However, please call our office at **503-443-2250** to notify us if you have any concerns arising from your Neurotoxin treatment.

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