



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 Instructions:

- For optimal results, and to minimize the chance of bleeding or bruising and at the injection site, please avoid alcohol, all blood thinning medications and supplements for 1 week prior to your neurotoxin appointment. This includes aspirin and non-steroidal anti-inflammatory drugs (NSAIDS), such as Ibuprofen, Motrin and Aleve, as well as very high doses of vitamin E and Omega-3 fish oil. Please notify our office in advance if you are taking Coumadin, Plavix or any other blood thinner 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 Instructions:

- 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 immediately after treatment to reduce swelling. To avoid developing a bruise, refrain from taking blood thinning medications (see above) for several days after. Tylenol is recommended if needed for any pain. You may also use Arnica gel and/or sublingual pellets.
- To maximize your results after neurotoxin treatment:
 - Avoid exercise for at least 24 hours.
 - Avoid extreme heat such as sauna or steam room for the first 24 hours.
 - Do NOT massage injection sites, but you may exercise facial muscles (squinting/scowling) for 4-8 hours following your neurotoxin procedure. Note: Muscle contraction is *not* necessary for neurotoxins to take effect.
- 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) – If this side effect occurs, please call our office as soon as possible.
- 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. 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 rising from your Neurotoxin treatment.