



# TOX

DYSPORET & XEOMIN

## PRE TREATMENT

- Avoid alcohol 24 hours prior to your treatment.
- Avoid blood thinners (e.g. NSAID's, fish oil, vitamin E, etc.) for 24 hours prior to treatments.

## POST TREATMENT

- Maintain an upright position for 4 hours. Avoid bending over, lying down, and all horizontal activity.
- Avoid makeup application for 4 hours, gentle application thereafter.
- Avoid manipulating the treated area, no rubbing or massaging for 24 hours.
- No straining, heavy lifting, or vigorous exercise for 24 hours.
- Avoid excessive heat for 24 hours.
- Avoid excessive alcohol for 24 hours.
- You may move the treated area, movement may help the product find its way to the muscle into which it was injected.
- You may experience some swelling, redness, and bruising which will resolve. If you experience any additional side effects please contact me.
- Typically you will see results in 4-7 days with maximum effects seen in 2 weeks.
- If the desired results are not seen after 2 weeks of your treatment you may need additional product. You will be charged for the amount of product used as well as any product used during any touch-ups or subsequent appointments.
- Remember Botulinum toxin works on the muscle, not the skin. You may still have wrinkles after your treatment.
- After 2 weeks your results will start to wear off. It is normal to begin to have movement as the results are wearing off, you will not stay frozen. It also does not mean that you need another treatment right away when you start to see movement.
- Results are not permanent. Results can last 3-4 months, but there is no guarantee how long your results will last! For example, if you have a high metabolism or if you exercise a lot, your results may not last as long. Under treating an area will also cause decreased duration.
- Taking a Zinc supplement daily may help your results last longer.
- Schedule your next treatment before your results have fully worn off.

## LIP FLIP

- Avoid the following for 24 hours: alcohol, rubbing the area, strenuous activity, excessive sweating or heat.