



## Tox Cosmetic: Pre and Post Treatment Instructions (Botox, Dysport, Newtox, Xeomin)

### Pre Treatment

- Please arrive without makeup.
- Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising)
- Avoid anti-inflammatory/blood thinning medications, if possible for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Schedule your Dermal Filler and Botox appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. Results from the Dermal Filler and Botox injections will take approximately 4 to 14 days to appear. Also bruising and swelling may be apparent in that time period. Sculptra does take longer to see results so plan accordingly with your provider.
- Discontinue Retin-A 2 days before and 2 days after treatment.
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area.
- If you have a history of cold sores please let your provider know, they may put you on an antiviral medication prior to treatment.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
- You are not a candidate if you are pregnant or breastfeeding.

### Post Treatment

- Do NOT lie down or massage treated areas for FOUR HOURS following your treatment. This will prevent the Botox from tracking into the orbit of your eye and causing drooping eyelid.
- If the forehead was treated, do not wear a hat or visor for four hours post treatment.
- Refrain from heavy exercise for the remainder of the treatment day.
- Avoid excessive heat such as saunas, hot showers and steam rooms for the remainder of the day. This may cause the blood vessels to dilate and lead to more bruising.

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- Facial acupuncture can be done two weeks after receiving treatment.
- If you would like to reapply makeup, do so gently over the treatment area/s.
- Do NOT manipulate the treated area for 3 hours following treatment. Do NOT receive facial/laser treatments or microdermabrasion after Botox injections for at least 10-14 days. Ask your provider if you are not sure about the time frame of certain services.
- Some providers believe that smiling and frowning right after Botox treatments helps the Botox find its way to the muscle into which it was injected after treatment.
- It can take approximately 4 to 14 days for results to be seen. If the desired result is not seen after 2 weeks of your treatment you may need additional Botox. You are charged for the amount of product used. Therefore, you will be charged for a product used during any touch-up or subsequent appointments.
- Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 6 hours after treatment. This will keep the Botox in the injected area and not elsewhere.

If you have any questions or experience any side effects, please contact our office immediately.  
Text us at 202.333.4445 and email us at [info@helaspa.com](mailto:info@helaspa.com).