



# Post-Care Instructions: Neurotoxin

After a neurotoxin treatment (such as Botox, Dysport, or Xeomin), follow these guidelines to ensure the best results:

## General Guidelines:

- Avoid touching the treated area, lying down, excessive heat, and strenuous activity for the first few hours to allow the toxin to settle properly.

## Detailed Post-Treatment Care:

### Avoid Touching the Treated Area:

- Refrain from touching, rubbing, or massaging the injected areas to prevent the neurotoxin from spreading to unintended areas.

### Stay Upright:

- For the first 4-6 hours after treatment, stay upright and avoid lying down, bending over, or doing inversions to help the neurotoxin settle properly.

### Avoid Excessive Heat:

- Stay out of saunas, hot tubs, and direct sunlight for at least 24-48 hours to prevent inflammation and ensure proper settling of the neurotoxin.

### Avoid Strenuous Activity:

- Refrain from strenuous exercise or activities that could increase blood flow to the area for the first 24-48 hours.

### Hydrate:

- Stay well-hydrated to help the body recover and maintain skin health.

### Avoid Other Skin Treatments:

- For at least 2 weeks, avoid other facial treatments such as facials, chemical peels, or microdermabrasion, as these can irritate the skin and potentially impact the results of the neurotoxin treatment.



**Avoid Blood Thinners and Pain Relief Medicines:**

- If you are taking blood-thinning medications, inform your provider before your treatment, as they can increase the risk of bruising and bleeding.

**Patience:**

- It may take up to 2 weeks to see the optimal results of the neurotoxin treatment, so be patient and allow time for the toxin to settle and take effect.

**Follow-up:**

- Schedule a follow-up appointment with your provider to assess the results and make any necessary adjustments.