

TOX PRE AND POST CARE:

PRE TREATMENT

In an ideal situation it is prudent to follow some simple guidelines before treatment that can make all the difference between a fair result and a great result, by reducing some possible side effects associated with the injections. We realize this is not always possible; however, minimizing these risks is always desirable.

- You must be in good health with no active skin infections in the areas to be treated.
- AVOID consuming alcohol at least 24 hours prior to treatment. It may thin the blood and lead to bruising.
- Avoid anti-inflammatory / blood thinning medications ideally two weeks before treatment. Medications and supplements such as Aspirin, Vitamin E, Gingo Biloba, St. John's Wort, CBD, Ibuprofen, Motrin, Advil, Aleve, Vioxx, and other NSAIDS are all blood thinning and can increase the risk of bruising and swelling after injections.
- AVOID topicals with retinol, Retin-A, retinoids, glycolic acids for two days before your procedure
- DO show up with a clean, makeup free face if possible. Makeup can harbor bacteria and may increase the risk of infection. We attempt to remove all makeup thoroughly, but it is safer not to wear any.
- If you are currently taking anticoagulation medications (Warfarin, Coumadin, Heparin, Lovenox, Enoxaparin, Lepirudin, Recludan, Ticlopidine Ticlid, Clopidogrel, Plavix, Tirofiban, Aggrastat, Eptifibatide, Integrilin), discuss the use of these medications with

your healthcare provider prior to your treatment. You may or may not be a candidate for treatment.

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- If you are prone to cold sores (oral herpes simplex), take your prescribed medication (Famvir, Famciclovir, Valtrex, Valacyclovir, Acyclovir) as prescribed in the 24 hours prior to your treatment.
- Notify Drylux Beauty Bar if you develop a cold sore, acne, or open lesions in the area you are expecting to treat or if you experience any type of illness prior to your treatment.
- Notify Drylux Beauty Bar of any changes to your health history, medications, or if you are pregnant or trying to become pregnant since your last appointment.
- Notify Drylux Beauty Bar if you have used Accutane in the past. Use within a 6 month period of treatment may be a contraindication.
- Schedule your appointment at least 2 weeks before any special event that may be occurring.

POST TREATMENT:

- NO straining, heavy lifting, or vigorous exercise for 24 hours following the treatment. Neurotoxins take around two hours to bind to the nerves and start working, so it is important not to increase circulation to the area and “wash away” the toxin from the treated area.
- AVOID touching your face, tightly fitting headwear (including hats), and manipulation of the area for 24 hours following treatment. This includes facials, peels, microneedling/dermabrasion, etc.

- DO NOT lie down or lie on your face for at least four hours following your appointment. Avoid activities that require bending down often.
- DO NOT consume alcohol, excessive caffeine, or blood thinners (including NSAIDS like aspirin, ibuprofen, naproxen) for at least 24 hours after treatment. This helps to avoid bruising. Acetaminophen (Tylenol) can be taken for any pain.
- WAIT at least six hours before washing your face and applying any lotions. Use a light touch and wash with cold water and a gentle cleanser.
- AVOID the heat and sun for at least 24 hours after treatment
- DO: make some facial expressions with the injected area for an hour following treatment. This will help stimulate the binding of the toxin to the localized area.
- Oral or topical Arnica Montana, an herbal supplement, may help with reducing bruising caused by cosmetic treatments. DO NOT take Arnica Montana if you have liver or kidney problems.

PLEASE NOTE:

- It may take up to 7 days for Xeomin and up to 14 days for Botox to take full effect. A follow-up visit at 10 days to 2 weeks is suggested to assess results for subsequent treatments, particularly if you are a first time client. If full correction is not achieved, you may need to purchase additional Botox/Dysport/Xeomin for injection. Asymmetry is corrected free of charge.
- If you have had your horizontal forehead lines treated and you feel as though your eyebrows are too heavy, the treatment may not be

optimal for you or we may need to adjust your dose. Please let your provider know.

- If your upper lip was treated, you may not be able to drink through a straw, whistle, or enunciate some words for approximately 2 weeks.
- Re-treatment is typically needed at 4 months. Regular injections usually yield a longer lasting Dysport or Botox result.

PLEASE CALL US IMMEDIATELY AT (914) 274-8300 FOR THE FOLLOWING:

- Severe pain at the injection site.
- Swelling, redness, or drainage that starts after 48 hours.
- Blanching (whitening) of an area that was injected.