

BOTOX AND DYSPORT - BOTULINUM TYPE A NEUROTOXIN INJECTABLES PRE-TREATMENT AND POST CARE

BOTOX – DYSPORT PRE CARE INSTRUCTIONS

1. Tell your BeautyFix physician, NP and RN if you've received any type of botulinum toxin injections within the past four months.
2. Let us know if you take pain relievers, blood thinners, Aspirin, Anti-inflammatories (NSAIDS), steroids, muscle relaxants, sleeping aids or allergy medications. We must know of any drug or food allergies.
3. Forms of botulinum neurotoxin – There are two forms of botulinum neurotoxin available for patients.
 - a. These are botulinum neurotoxin type A (trade names Botox, Dysport, and Xeomin) and botulinum neurotoxin type B (trade names Myobloc and Neurobloc).
 - b. Your BeautyFix Provider orders Botulinum Type A, either Botox or Dysport, depending on the patient preference and the providers assessment and provider orders.
4. If you take blood thinners or NSAIDS, you may need to forgo them for several days before your injection, to reduce your risk of bleeding or bruising.
5. Normal Response to Botox / Dysport Injections
 - a. Mild pinprick bleeding, mild swelling, or bruising.
 - b. Some movement in the treated muscles for 1-2 weeks.

BOTOX – DYSPORT POST CARE INSTRUCTIONS

Persistent “at rest” lines in the face, as Botox only softens the “movement lines.”

Some patients find that once wrinkles have been diminished in one area, the wrinkles in other areas of the face may become more bothersome. If you would like to consider treatment in another area, you may call our office for an appointment to discuss additional treatment options.

1. Remain in an upright position for 4 hours.
2. Do not lie flat or rub/scrub the area for four (4) hours after injection.
3. No massaging of the treated area for 1-3 hours. This can cause the toxin to migrate to a different area.
4. Emote the treated area (wrinkle the forehead, smile, frown, etc.) every so often for 1-3 hours after treatment. This will help with the uptake of the Botox.
5. Do not exercise (running, aerobics, weightlifting, etc.) for 24 hours.
6. Do not take aspirin or ibuprofen for 24 hours. This includes Advil, Motrin, Aleve, Naproxen, Bayer Baby Aspirin.

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7. If you can take generic Tylenol, you may take Tylenol for any headaches. Mild bruising can be seen after the procedure.
8. Arnica is a homeopathic treatment that has great results on post treatment bruising and discomfort. Arnica comes in a gel form you can apply topically and in a pill form you can consume orally. It can be purchased at any Whole Food grocery store.
9. It will take 10-14 days for the full effect to be achieved.
10. Please call BeautyFix for any of the following concerns - **BeautyFix MedSpa 212.366.4787.**
 - a. If you have a severe headache, fever, weakness, or other significant change in your health, seek emergency care.
 - b. Notify BeautyFix Med Spa at (212) 366-4787 to speak with a nurse, for any drooping of the eyelids (ptosis) or other unexpected side effects of treatment.

NEXT STEPS

Allow 2 weeks to see full benefit, although many patients note some changes within a few days. Consider retreating area with Botox in 3-6 months, or as movement returns in the treated area.

We want you to have a safe and exceptional experience at BeautyFix!

However, if you experience discomfort 12 hours post-peel, please call BeautyFix at (212) 366 4787 or email us at customercare@beautyfixmedspa.com with your concerns.