

Neurotoxin Instructions

Pre Treatment Instructions:

- Please try to refrain from wearing any makeup to your appointment.
- Avoid, if possible, non-steroidal anti-inflammatory (NSAIDs) such as Ibuprofen and Aspirin, fish oil, Vitamin E and alcohol for 1 week prior to treatment to minimize potential bruising and bleeding.
- Prescription anti-coagulants/anti-platelet medications will increase the risk of bruising and bleeding. If cleared by your HCP, avoid 1 week prior to treatment.
- Bruising is ALWAYS a risk factor with treatments so please plan a minimum of 2 weeks prior to an event.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex or similar medication no later than 24 hours prior to the treatment.
- Pineapple juice and Arnica Tablets (found at CVS) are recommended to reduce bruising 5 days prior to treatment.
 - Purchasing Arnica Gel/Cream for post-procedure use is recommended.
- This treatment is contraindicated if you are trying to get pregnant, pregnant or nursing.

Post Treatment Instructions:

- You may take Arnica Tablets and use Arnica Gel/Cream (found at CVS) and drink pineapple juice to reduce bruising.
- Remain upright for 4 hours after injection. Do not put your head below your heart for 4 hours.
- Do not exercise for 24 hours after injection.
- Do not wear any on your head for 24 hours (hats, headbands)
- Do not massage or manipulate injection sites for 48 hours after injection
- Exaggerate facial expressions in the injected area for 1 hour after injection.
- You should notice maximal benefit within 10 days of treatment and may wish to return for a “touch-up” if needed 14 days after treatment. You will be charged if you need 5 units or more during the follow up visit.
- You may wish to schedule a return appointment in 3-4 months for retreatment as Botox typically loses efficiency around 16 weeks after injection.
- Side Effects:
 - Pinpoint bleeding, redness and swelling (appears as a “bee-sting”) will appear at injection site and will subside within 1 hour post-procedure.
 - Discomfort at injection site including pain/tenderness
 - Headache
 - Tightness/heavy feeling

* After hours or on the weekend please email info@seamistmedspa.com with EMERGENCY DR. SIMPSON