



Lindsey Pennington, MD  
FACIAL PLASTICS

## **Neurotoxin (Botox, Dysport or Xeomin) Pre and Post Treatment Instructions**

### **Before your appointment, please avoid the following:**

- Alcohol 24 hours before your appointment.
- Avoid anti-inflammatory/blood thinning agents, if possible, for a period of 2 weeks before your appointment. Medications and supplements that should be avoided are aspirin, ibuprofen, Motrin, Aleve, Excedrin, any other NSAIDS, along with Fish oil supplements and vitamin E. These have a blood thinning effect and can increase the risk of bruising and swelling after injections. Tylenol is ok to take, as it does not have these effects on your blood.
- Reschedule your appointment at least 24 hours in advance if you have a cold, flu, infection, rash or cold sore in the area.
- Schedule your neurotoxin appointment at least 2 weeks prior to any special events such as weddings, birthdays, vacations, etc. Results take a few days or weeks to appear, and this gives enough time for any bruising or swelling to dissipate.
- If you are concerned with the possibility of bruising you may start a cream containing arnica to the area twice a day for 2 weeks prior to your appointment, or an oral arnica supplement.
- If you are breastfeeding or pregnant you are not a candidate for neurotoxins.

### **After your appointment:**

- Do not lie down for 4 hours or do strenuous activities for 24 hours after your injection.
- Try to avoid long periods of bending over such as tying shoelaces or doing yoga.
- Do not manipulate the treated area or massage for 48 hours following treatment.
- Do not take NSAIDS, such as ibuprofen and naproxen for 24 hours– this may increase the chance of bruising.
- Do not receive facial/laser treatments or microdermabrasion after Botox injections for at least 7 days. Ask Dr. Pennington or Dr. Souyoul if you are not sure about the time frame of certain services.
- You may take Arnica cream and tablets or bromelain tablets - all of which may reduce or resolve potential bruising.
- You may take acetaminophen (Tylenol) to reduce any pain as necessary. Sometimes you may experience a slight headache following the injections.
- Immediately after the treatment the area will be red and puffy, appearing like “bee stings” for 10-60 minutes.

- Neurotoxins take between 3-7 days for the results of your treatment to start becoming noticeable. At times, results may look slightly uneven at first, as the neurotoxin may "kick in" at different rates. After 14 days the full effects of neurotoxins will be kicked in completely. All patients will receive a 2-week follow-up appointment. If it is your first time doing neurotoxin with us, please come to your follow up appointment for after pictures and to evaluate your results. If you are a routine patient and happy with results you may cancel your follow up appointment (ideally at least 24 hours before appointment.) If you would like anything evaluated or touched up, please come in for your follow-up appointment.

**Please Contact Us Immediately if You Experience:**

- Fever and/or chills
- Change in Vision
- Significant asymmetry or increasing swelling
- If the area appears red, hot to the touch, and "angry" looking.
- Severe pain or increasing pain
- Drooping of eyelids
- Difficulty swallowing or change in speech
- During office hours please call the office at 318-216-5366
- **Our after-hours EMERGENCY number is 318-455-7261**, you must call this number. This number **DOES NOT** accept texts after business hours.