



# BLACKHAWK

## PLASTIC SURGERY & MEDSPA

### Neurotoxin Injection: Pre & Post Care Guide

#### About the Treatment

**Neurotoxin** treatments are quick, injectable solutions used to temporarily relax targeted facial muscles. This helps smooth the appearance of fine lines and wrinkles commonly in areas like the forehead, between the brows, and around the eyes, leaving you with a naturally refreshed look. You may start to notice results within a few days, with full effects visible around 10 to 14 days after treatment. We recommend a follow-up visit during that time frame to evaluate your results and make any necessary touch-ups, especially if it's your first treatment. To maintain your results, treatments are usually repeated every 3 to 4 months, though this can vary depending on the individual.

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#### Before Your Treatment

- Avoid alcohol and blood-thinning medications/supplements (e.g. aspirin, ibuprofen, fish oil, or vitamin E) for 1-3 days unless approved by your provider to minimize the chance of bleeding and bruising at the injection site.
- Eat a nutritious meal and stay hydrated before your treatment to decrease your chance of lightheadedness.
- Avoid skincare products (lotions, oils, makeup) on the day of treatment.
- Discuss medical history, medications and allergies with your provider.
- If you have a history of HSV-1 or HSV-2 in the area being treated, taking an antiviral 24–48 hours before and after your session can help prevent an outbreak.

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#### What to Expect During Treatment

- Treatments are scheduled for 15-30 minutes depending on the treatment area.
- Ice can be used for comfort.

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#### After Your Treatment

- Mild swelling at the injection site is normal and typically subsides within a few hours.
- Please remain upright for at least 4 hours following your treatment.
- Avoid direct heat and sweating (including hot showers, steam rooms, saunas, or strenuous exercise) for 24 hours after treatment.
- Avoid touching, rubbing, or massaging the treated area for 24 hours to ensure optimal results.
- You may gently apply makeup after treatment.
- To minimize the risk of bruising, avoid alcohol and blood-thinning medications or supplements (e.g. aspirin, ibuprofen, fish oil, or vitamin E) for 1-3 days post-treatment. Taking or applying topical Arnica may help reduce bruising.