



# NEUROTOXIN

## PRE AND POST CARE

### PRE-TREATMENT CARE:

- Women who are pregnant/nursing should not be treated with neurotoxin.
- Avoid alcohol and blood thinning medications for 24 hours prior to treatment (i.e., Ibuprofen, Advil, Aleve, Excedrin, fish oil, vitamin E).
- Stay hydrated and well-nourished prior to treatment.

### POST-TREATMENT CARE:

- The treatment area may feel sensitive/tender for 24 hours.
- Please do not massage/manipulate areas that were treated.
- Avoid alcohol and blood thinning medications for 48 hours posttreatment (i.e., Ibuprofen, Advil, Aleve, Excedrin, fish oil, vitamin E).
- Avoid strenuous exercise and heat (steam/sauna) for 24 hours.
- Apply ice to reduce swelling/bruising.
- Do not apply makeup over injection points for 24 hours.
- Do not lie face down for 4 hours. Sleep on your back for 1-2 nights.
- Neurotoxins may take up to 2 weeks to see final results.
- We suggest waiting 2 weeks before getting additional aesthetic treatments or touch-up neurotoxin.
- Touch-up neurotoxin typically involves injecting a few units to enhance results, if desired.
- To maintain your desired results, schedule your neurotoxin treatment every 3-4 months. Dose/Units = Duration.
- Schedule a 2-week follow-up appointment.

**If you have any questions before or after your treatment, email us at [info@renuaesthetic.com](mailto:info@renuaesthetic.com) or call/text us at 541-218-3370. Thank you for choosing RENU Aesthetics!**