



Nova Wellness Center

CLINIC & MEDSPA

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Botulinum Toxin Cosmetic Treatment Information

(Before & After Instructions)

Before Treatment

- It is recommended to discontinue the use of aspirin, non-steroidal anti-inflammatories (NSAIDS - ibuprofen (Motrin, Advil), naproxen (Aleve), ginkgo biloba, ginseng, curcumin/turmeric, garlic, flax oil, fish oil, vitamin A, vitamin E, evening primrose oil at least 3 days to 1 week before and after treatment to minimize bruising or bleeding.
 - Consult with your prescribing physician prior to discontinuing any medications.
- Avoid alcohol for 24 to 48 hours before and after your treatment.
- Discontinue Retin-A 2-3 days prior to treatment to avoid any redness and irritation.
- Please contact office to reschedule appointment if you develop a cold/flu, cold sore, blemish or rash, etc. in area to be treated prior to your appointment. We will reschedule you once your symptoms have resolved.
- It is recommended that you wait at least 2 weeks to have botulinum toxin treatments performed if you have previously had cosmetic treatments with laser, ultrasound, peels, facials, or microdermabrasion.
- Please come to appointment with a cleanly washed face.
- We recommend to schedule your treatment at least 2 weeks prior to any special events or vacations.
- Please arrive 10 minutes prior to your appointment to fill out consent forms.

After Treatment:

- Do not massage the treated areas on the day of treatment.
 - If you would like to reapply makeup, do so gently over the treatment area/s.
 - Do not wear a hat or visor for 4 hours post-treatment if forehead was treated.
- Avoid lying down for 4 hours immediately after treatment.
- Avoid applying heat to the treated area on the day of treatment
- Avoid activities that cause facial flushing on the day of treatment, including consuming alcohol, hot tub/sauna use, exercising, and tanning.
 - Refrain from heavy exercise for 24 hours after treatment.
- Gently apply cool compress or wrapped ice pack to the treated areas for 15 minutes every few hours as needed to reduce discomfort, swelling, or bruising up to a few days after treatment. If bruising occurs, it typically resolves within 7-10 days.
- After treatment, oral consumption and/or topical application of *Arnica montana* may help to reduce bruising or swelling.
- It is recommended to discontinue the use of aspirin, non-steroidal anti-inflammatories (NSAIDS - ibuprofen (Motrin, Advil), naproxen (Aleve), ginkgo biloba, ginseng, curcumin/turmeric, garlic, flax oil, fish oil, vitamin A, vitamin E, evening primrose oil at least 3 days to 1 week before and after treatment to minimize bruising or bleeding.
- Avoid the use of Retin-A or similar products 2 days after treatment to avoid increased swelling or irritation.
- Botulinum toxin treatment effects take about 1-2 weeks to fully develop and last approximately 2.5-4 months.
- Please schedule an appointment 2 weeks after your treatment for follow-up and touch-ups if needed. Touch-up appointments must be scheduled no earlier or later than 2 weeks post-treatment. Please contact your provider if any increased pain, increased swelling, redness, blisters or itching should occur following your treatment.