

# SERENITY MEDICAL AESTHETICS

neuromodulator • dermal filler • lash serum

## Botulinum Toxin Pre-procedure Instructions

### 1-2 Weeks Before

- Avoid anti-inflammatory/blood thinning medications, if possible, for a period of 1 – 2 weeks before treatment. If any of these have been prescribed by a cardiologist or neurologist, please inform the nurse practitioner in advance and check with your prescribing doctor to see if you can pause the medications for your treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Do not get chemical peels or any electric stimulation to the face for 2 weeks before your treatment.
- Schedule your neuromodulator (Botox, Xeomin) appointment at least 2 weeks prior to a special event which you may be attending. Results of the neuromodulator injections typically take 5–7 days to appear. Bruising and swelling may also be apparent in that time period.
- Avoid excessive sun exposure prior to treatment. Sunburned skin cannot be treated.

### 1-2 Days Before

- Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising)
- Do not bleach, wax, tweeze or use depilatory creams near the treatment area for 1 to 2 days prior to treatment.
- Discontinue use of retinoids (Retin A, Tazorac, Differin, etc.) 1 to 2 days prior to treatment.
- Please reschedule your appointment at least 24 hours in advance if you have a rash or cold sore in the treatment area.

### Day of Treatment

- Please come with a "clean face" – washed and without makeup
- Be sure to be hydrate and have a snack or light meal before your procedure. This will decrease the chances of lightheadedness during your treatment.
- You are not a candidate if you are pregnant or breastfeeding.

outer beauty



inner peace



📍 @serenitymed.co  
nicole@serenitymed.co  
818.971.9106

## Botulinum Toxin Post-Procedure Instructions

If you have undergone a botulinum toxin (commonly known as Botox or Xeomin) treatment, a tiny amount of a muscle relaxing protein has been injected into muscles to improve appearance.

### What's Normal after a Procedure?

Injections can cause small amounts of swelling, a temporary bump, redness, bruising, a mild to moderate headache, and sensations such as tingling or mild itching after the treatments. These effects are so common they can be considered a normal part of the process.

The initial effects will show in the first 2 – 7 days. Peak effect on the muscle is at 14 days, but the result will continue to improve for 4 weeks or more. The benefits start to wear off after 3–4 months on average. If the desired result is not seen after 2 weeks of your treatment, you may need additional Botox or Xeomin. You are charged for the amount of product you receive. Therefore, you will be charged for product received during any touch-up or subsequent appointment.

### How to Protect Your Result & Reduce Side Effects

- Remain upright for 4 hours after your treatment.
- Do small extra contractions of the treated muscles every 20 minutes for the first hour.
- Wash your hands immediately post procedure
- Do not touch your face in the areas injected for 6 hours.
- Do not apply makeup for 6 hours unless it is mineral based.
- Avoid wearing tight caps or garments in the area that has been injected for 6 hours
- Do not perform activities involving straining or heavy lifting for 6 hours after treatment.
- Avoid alcohol, exposure to UV light and extreme heat ie sauna, steam, sun beds, very hot showers, strenuous exercise etc. for 24 hours.
- Do not receive facial massages, facial laser treatments, facial microdermabrasion or any other form of electrical stimulation of the face for the next 2 weeks.

### Contact us:

- If you develop a side effect, such as a dry eye, droopy eyelid, or heavy brow.
- Any other side effects you think are important.
- If you feel distressed or worried in any way.
- Routine adjustments can be carried out from day 14 after your procedure.

