

RECOMMENDATIONS AFTER BOTULINUM TOXIN PROCEDURE



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FOLLOWING THESE RECOMMENDATIONS AFTER THE PROCEDURE AIMS TO PREVENT DISCOMFORT AND / OR COMPLICATIONS SUCH AS: dispersion of the toxin to close sites where the product was applied, pain, inflammation, appearance of bruises and spots. For these reasons we recommend the following:

1. Mandatory recommendations in all cases:

In order to prevent the product from moving to neighbor tissues and producing a different effect from the one that was achieved with the application, it is important to follow these recommendations:

- Don't massage, touch or manipulate the treated area(s).
- Don't lie in bed for the next 4 hours.
- Don't bend over for the next 4 hours.
- Don't have sexual relations the day of the procedure.
- Don't wear caps, hats or objects that are tight on the forehead during that day.
- Don't pluck your eyebrows for the next 3 days after the procedure.
- Don't exercise during the procedure day. You can resume exercise the next day.
- Don't consume alcohol on the day of the procedure.
- Don't visit the dentist if the toxin was applied near your mouth.

2. Discomfort and pain

After the application of botulinum toxin, a minimal sensation of pain or burning may persist, which can be controlled by taking acetaminophen 500 mg every 8 hours. Most patients report that this discomfort is temporary (1 day). Avoid taking non-steroidal anti-inflammatory drugs such as ibuprofen, naproxen, or diclofenac.

Days after the procedure, as the product prevents the contraction of certain muscles, slight tension may be felt, mainly in the forehead.

3. Inflammation and redness

Redness and swelling may occur in the areas where the botulinum toxin was applied, and this can last 1 to 2 days. The sites where the botulinum toxin was injected may also be visible as small spots of blood or small scabs.

To help inflammation and redness resolve quickly:

- Do not apply creams, gels, moisturizers (facial routine products) for 24 hours after the procedure.
- Avoid entering saunas, swimming pools or steam baths for the next 3 days.
- During bathing do not use soaps on the treated area, just let plenty of water at room temperature run down.
- In case of small scabs, avoid removing them and scratching the treated area.

4. Bruising

Occasionally bruising may occur at sites treated with botulinum toxin. The bruises may take a few weeks to disappear, having a normal evolution in color change.

To prevent bruising and promote resolution, keep in mind:

- In case of bruising after the procedure, the specialist will recommend creams with vitamin K or pentosan sodium polysulfate every 12 hours until they disappear.
- Avoid sun exposure until it disappears, as this reduces the risk of spots and patches.

5. Pigmentation (appearance of spots)

Occasionally, some patients may have a tendency to present spots after these types of procedures, which is known as post-inflammatory hyperpigmentation. To prevent its appearance:

- Avoid being in the sun for the next 7 days.
- Make sure you have sunscreen on the areas treated with botulinum toxin, repeat the application every 4 hours.
- In case of persistence, you can inform the treating doctor so that he can formulate the appropriate medication to treat them.

6. Alarm signs

If days after the procedure, you present:

- Fever identified with a thermometer.

- Shivering or chills.
- Redness, pain, and warmth at the treated site.
- Purulent material in the treated site.
- Pain that is not controlled with the recommended medication.
- Presence of hematoma.
- Any other signs or symptoms that concern you.

Please contact us at the support doctor's cell phone:

323-225-1183 from Monday to Friday from 7:00 a.m. at 6:00 p.m. and Saturdays from 8:00 a.m. at 1:00 p.m. In case you think it is an emergency, you should go to the nearest emergency service. Avoid self-medicating.

7. Follow up

Generally, the specialist who performed the procedure will schedule a review appointment 15 days after the treatment. In this follow up it may be necessary to apply some additional units to obtain the desired effect.

Remember that the effect of botulinum toxin is temporary, being approximately 4 months, which varies according to each individual.

Please report any adverse event, incident or complication, through any of the following:

- Directly with our staff.
- Supporting physician cell phone: 323-225-1183
- Calling the phone (604) 444 35 37 extensions 106 and 112.



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