

BOTULINUM TOXIN ANTI-WRINKLE COSMETIC INJECTABLES TREATMENT CARE

TREATMENT PRE & POST CARE

PRIOR TO BOTULINUM TOXIN INJECTIONS

- If you have any changes in your health, medical conditions, medications or develop a new sensitivity or allergic response. Please contact the clinic before your appointment.
- Avoid NSAID, fish oils and alcohol at least 24 hours pre treatment.

POST BOTULINUM TOXIN INJECTIONS

Following your treatment with botulinum toxin the following is advised:

- Do not rub or apply pressure to the injection site for 2 hours. This includes activities that apply pressure to the area such as: helmet or swim/snow goggles.
- Do not lie flat or sleep for 2 hours. This includes activities where your head is downward or horizontal for extended periods of time such as yoga/swimming etc.
- Avoid strenuous exercise, alcohol, and heat for 24 hours.
- If you want to apply makeup today, mineral powder is recommended.
- Avoid products containing tretinoin, benzoyl peroxide, glycolic/salicylic acids, astringents for 24 hours.
- Avoid facials, skin treatments or massage for two weeks post treatment. This includes but not limited to beauty therapy treatments, cosmetic tattooing, and home devices such as Foreo Luna or any other sonic face cleansers.

POSSIBLE COMPLICATIONS

- Your skin may show redness and swelling at injection site for 24 hours post treatment.
- If you experience mild bruising, you can use arnica or Hirudoid cream the day after treatment. Bruises get darker before they begin to go away.
- If you experience more than mild bruising, contact your treatment provider or clinic. It is likely that they will want to review the bruising.
- If you experience a headache after treatment, take paracetamol as directed on the package.
- General feeling of malaise or nausea will normally self-resolve within 48 hours.
- Pain, itching or feeling of pins and needles at injection point are temporary and self-resolve within a week.
- If you experience symptoms that are of concern or are severe, contact your treatment provider or clinic.
- For best results follow your home care regimen as instructed by your nurse.

If you have any questions or concerns, please contact us on 0800 633 066 or email your local OFF & ON store.
www.offandon.co.nz



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REVIEW

If you are not able to attend a review, your treatment provider will not be able to gauge the effectiveness of your treatment. It is essential to attend the review 2-3 weeks after treatment. Failure to do so will negate any dispute as to treatment outcomes.

For initial treatments you have been treated with the 'average or recommended' dosage of botulinum toxin per area. At review if you still have some movement, it is likely you require more than the recommended dose. Extra units can be injected at your review appointment at an additional cost.

RESULTS AND LONGEVITY

- You will begin to see results 3-7 days after treatment. Full results will be seen at 2 weeks.
- Your treatment provider will be unable to make a full assessment of your outcomes prior to 2 weeks.
- Results on are expected to last approximately 3-4 months.
- Results depend on the dosage of units, placement, and area of treatment. Your treatment provided most likely started you with the average recommended dose. If you continue to see movement or have any concerns at 2 weeks you likely need more than the 'average' dose.
- Forehead, Crow, Lip Flip treatments will not last as long as frown line treatment. This is normal and expected, especially if you regularly exercise or have a faster metabolism.
- If one treatment area comes back before another, you may want to bring you next appointment forward or treat this area individually.

CHANGES TO YOUR MEDICAL OR HEALTH

If you become pregnant or are planning on becoming pregnant in the next 3 months you need to notify your practitioner. As botulinum toxic is an elective cosmetic treatment it cannot be administered during pregnancy or while you are planning pregnancy. If you discover that you are pregnant after a treatment you need to notify the clinic.

Currently there are no adverse events associated with pregnancy after the administration of botulinum toxin, we are still obligated to report the incidence to the pharmaceutical company that makes botulinum toxin.

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