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## Tox Injection Pre & Post Care

Botox • Jeuveau • Xeomin

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Whether you are preparing for your upcoming tox injection or recovering from one — this guide covers everything you need to know. Following these instructions carefully ensures the best possible results and minimizes the risk of complications.

**At New Skin by Lynn we want the best possible outcome for your treatment — following these guidelines helps ensure optimal results and minimizes the risk of bruising or complications.**

### PRE-TREATMENT PREPARATION

Please follow these guidelines **before your tox injection appointment** to ensure the best possible results and minimize the risk of bruising.

- **No alcohol** — avoid alcohol for at least **48 hours** before your appointment — alcohol thins the blood and significantly increases the risk of bruising.
- **Blood thinners** — avoid aspirin, ibuprofen, naproxen, fish oil, Vitamin E, and other anti-inflammatory or blood-thinning medications for **2 weeks** before treatment if possible and if not medically contraindicated. Consult your physician before stopping any prescribed medications.
- **Special events** — if you are planning to attend a special event such as a wedding or vacation — schedule your appointment at least **2 weeks** in advance. Full results take 7-14 days to appear and bruising or swelling may be visible for up to 2 weeks.
- **Eat before your appointment** — have a good meal including food and water before your appointment — this reduces the risk of lightheadedness during treatment.
- **No makeup** — arrive with **no makeup** on the treatment areas.
- **Cold sore history** — if you have a history of cold sores or herpes simplex please inform Lynn before your appointment — there is a risk of exacerbation and an antiviral medication may be recommended prior to treatment.
- **Pregnancy and breastfeeding** — tox injections are not suitable during pregnancy or breastfeeding.
- **Health updates** — inform Lynn of any new medications, health changes, or recent treatments since your last visit.

### WHAT TO EXPECT

- **Natural movement** — neuromodulators are designed to relax the treated muscle and soften lines — not to eliminate all movement. For the most natural result some movement is intentionally preserved. Muscles adjacent to the treatment area may also contribute to expression.
- **Blanching** — small white marks at injection sites are normal and expected — resolving within one hour of treatment.
- **Swelling and bruising** — mild swelling or bruising at injection sites may occur — swelling typically resolves within 1-3 days and visible bruising within 7-14 days.
- **Full results** — full results take **7-14 days** to appear. Please allow the full two weeks before assessing your outcome — many concerns resolve naturally as the neuromodulator fully develops.

## POST-TREATMENT CARE

### Immediately After Treatment

- **Remain upright** — do not lie down or bend forward for **4 hours** following treatment — this prevents the neuromodulator from migrating to unintended areas.
- **Do not touch, rub, massage, or apply pressure** to the treated areas for **4 hours**.
- **Avoid makeup** — for at least 4 hours following treatment.

### First 24 Hours

- **No vigorous exercise** — avoid sweating, elevated heart rate, and increased body temperature.
- **No alcohol** — can increase bruising and swelling.
- **No hot showers, saunas, hot tubs, or steam rooms** — heat increases blood flow and risk of product migration.
- **No hair dryers** — heat from hair dryers directed at the face can cause the same effect as hot showers or saunas on the treated areas.
- **Avoid blood thinners** — aspirin, ibuprofen, fish oil, and Vitamin E unless medically necessary.
- **Sun protection** — avoid extended sun exposure and apply SPF 30+ sunscreen if going outdoors.

### First 3-5 Days

- **No facials, massage, or skin treatments** — including microneedling, laser, or chemical peels.
- **Avoid tight hats, headbands, goggles, or anything** that applies pressure to the treated areas.
- **No waxing or tweezing** — if eyebrows were treated.
- **Avoid microcurrent facial treatments** — for at least 2 weeks.

## 2-WEEK TOUCH-UP

New Skin by Lynn — San Mateo's boutique medical aesthetics practice — offers a touch-up appointment at two weeks to address any concerns with your results. There is **no minimum charge** — even if only a small correction is needed. Please wait the full **10-14 days** before requesting a touch-up as many concerns resolve naturally as the neuromodulator fully develops. Contact us at two weeks if you have any questions about your outcome.

## WHEN TO CONTACT US

Contact New Skin by Lynn promptly if you experience:

- Significant asymmetry or drooping of the eyelid or brow
- Severe headache that does not resolve
- Vision changes or eye irritation
- Signs of allergic reaction — rash, itching, difficulty breathing
- Any unexpected symptoms that concern you

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**Phone or Text: 650-484-4404**

If Lynn has given you instructions that differ from this general guide — always follow Lynn's personalized instructions.

All treatments at New Skin by Lynn — San Mateo's boutique medical aesthetics practice — are performed under physician medical direction as required by California law.

*At New Skin by Lynn we believe that optimal results come from the partnership between clinical expertise and client commitment to aftercare.*

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