



Avoid significant movement or massage of the treated area for 1 week



You may take or **gently** apply arnica to help with bruising and swelling



Be gentle when doing skin care. Dry your skin gently, do not rub



Neurotoxins can take up to 2 weeks to see full results. If we need to tweak something, we have to wait as to not overinject



Make-up may be applied after 24 hours. Do not apply makeup the day of treatment



Avoid strenuous exercise for 24 hours



If advised by your clinician, you can apply a cool compress or ice pack for 20 minutes each hour to reduce swelling



NO laying down for 3-4 hours after being treated. You can sleep elevated to help reduce swelling

Wait a minimum of 1 week before laser treatments, or spa services. Neurotoxins last on average 3-4 months. It is recommended at the time of treatment to schedule your next appointment to maximize the benefit. In the meantime, please call the office at (404)-832-0300 if you have any questions or concerns.