



NEUROTOXIN AFTER CARE

What Not to Do NO MASSAGE, TATOOING*, MICROBLADING*, HAIR WASHING (24HOURS -2 WEEKS)*

The single most important thing to remember is this: **Don't rub your face or have any kind of face massage for at least 24 hours after treatment.** This could potentially move the neurotoxin around into an unwanted area. Rarely, the neurotoxin may move down causing a droop of the eyelids or brow (ptosis). Where this is temporary, it lasts the duration of the neurotoxin treatment, up to 3 months or so and is difficult to mask or treat in the meantime.

Correct Sleeping ON YOUR BACK

When you're about to go to sleep do your best not to sleep on your face! **Sleeping on your back** will reduce the risk of your accidentally moving the neurotoxin around during the night. Placing a pillow under the knees helps with this positioning!

Exercise NOT FOR 4 HOURS

Bo By Yas recommends that you **don't bend over, lie down, or do strenuous exercise immediately after treatment and up to 4 hours post treatment.** This could also cause the neurotoxin to move.

Drugs

Avoiding Alcohol, Aspirin, Ibuprofen or other strong painkillers may reduce the extent of bruising. It's also a good idea to avoid using a sauna, tanning bed or putting yourself in other situations where your body will be subject to increased heat levels. **Painkillers:** Some people do experience mild pain after the treatment. As we said above strong painkillers aren't recommended. However acetaminophen or ibuprofen may be ok. You should ask your doctor about this to be sure you have no contraindications. We can provide a better alternative like a numbing cream during treatment. Most clients tolerate the procedure very well without any intervention like this. All patients will be different and may require slightly different aftercare. There is no real consensus on exactly what you need to do after treatment apart from not putting pressure on the treated area.

Skin Manipulation

To further reduce risk you should avoid semi-aggressive skin manipulation **up to one week after treatment.** This means try to **stay away from treatments like microdermabrasion, laser hair removal and electrolysis.** Most of what not to do is common sense. Just keep your hands off your face and don't do anything which could potentially cause the neurotoxin to move. Play it safe! It's all about minimizing risk.

What to Do RESULTS WITHIN ONE WEEK, FULL ACTIVATION 2 WEEKS

There's not much you can do to help neurotoxin do its job. It's time to wait for the results which should take **3-5 days (Dysport), 5-7 days (Botox and Xeomin).** However there are a few things you can do to help your face heal faster. There may be some mild swelling after the treatment. An ice pack very gently applied to the treated area may help reduce this, it is rarely a problem. Arnica gel and pellets to use orally will reduce bruising, local pain and if present, swelling.

You will be asked to attend a follow up session **TWO** weeks after your treatment. This is when Bo By Yas providers' make sure the treatment has been successful and everything is working as it should. We may suggest additional units, if agreed, this cost will be your responsibility. **Any questions or concerns? Call or text 480-878-1700 | WWW.BOBYAS.COM**