



We can't wait for you to visit North Medical Spa! In order to make sure you are fully prepared for your treatment please take a moment to review this "need to know info" below.

We want to ensure that you are fully prepared for your treatment and that you receive the very best results.

BEFORE BOTOX / DYSPORT

Inform our client care team if you have a history of Perioral Herpes to receive advice on antiviral therapy before treatment.

Botox/ Dysport should be avoided if you have a history of keloid scarring or if you are currently taking the following medications: antibiotics (such as gentamicin, polymyxin), anticoagulants (such as warfarin, heparin or plavix), Alzheimer medications (such as galantamine, rivastigmine, tacrine), and Myasthenia Gravis medications (such as quinidine, pyridostigmine, ambenonium).

Injectables are not suitable if you are pregnant or nursing, are allergic to any of its ingredients, or suffer from any neurological disorders. If you fall under any of these categories, please give us a call to book something better suited for you.

1 WEEK BEFORE TREATMENT:

- To reduce bruising and bleeding, avoid blood thinning over-the-counter medications such as Aspirin, Motrin, Ibuprofen, and Aleve, as well as herbal supplements such as Garlic, Vitamin E, Ginkgo Biloba, St. John's Wort, and Omega-3 capsules. Please note: If you have a cardiovascular history, please check with your doctor before stopping the use of Aspirin.

1-3 DAYS BEFORE TREATMENT:

- Avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, or other "anti-aging" products.
- Avoid waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment to reduce risk of bruising.

DAY OF TREATMENT:

- Makeup will be removed prior to treatment
- Some individuals may experience light-headedness, if you have experienced this in the past ensure you eat prior to the treatment

AFTER BOTOX / DYSPORT

IMMEDIATELY FOLLOWING TREATMENT:

- Try to exercise your treated muscles for 1-2 hours after treatment (e.g. practice frowning, raising your eyebrows, and squinting). This helps to work the neurotoxin into the muscles.
- Stay in a vertical position for 4 hours following injection. Don't rest your head or lie down; sit upright.
- You may apply an ice or cold gel pack to the area(s) treated (avoiding pressure) as this helps reduce swelling and the potential for bruising.
- Avoid washing your face, saunas, swimming, baths, or hot showers for 4 hours after treatment.
- Application of make-up to treatment areas is not recommended for 4 hours after treatment.
- Avoid exercise or strenuous activities for the remainder of the treatment day; you may resume other normal activities/routines immediately.
- You may take Acetaminophen/Tylenol if you experience any mild tenderness or discomfort.

1-3 DAYS FOLLOWING TREATMENT

- Avoid placing excessive pressure on the treated area(s) for the first few days; when cleansing your face or applying makeup, be very gentle.
- Avoid extended UV exposure until any redness/swelling has subsided. Be sure to apply an SPF 30 or higher sunscreen.
- Other skincare or laser treatments may be resumed 24 hours after treatment.
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- We highly recommend that you return two weeks after your visit for a follow-up appointment. Injectors will assess how the neurotoxin has settled, and can address any touch ups as necessary.

Everyone's skin is different and your results and recovery time may vary. We are here for you! If you have any questions or concerns following your treatment, please let us know. Thank you for trusting us with your skin!

Love,

Your Best Friend in Skincare