

immature

The audacity to stay young.

PATIENT GUIDE

BEFORE AND AFTER
YOUR BOTOX TREATMENT

NEW YORK

01 · BEFORE YOUR APPOINTMENT

Two weeks *before.*

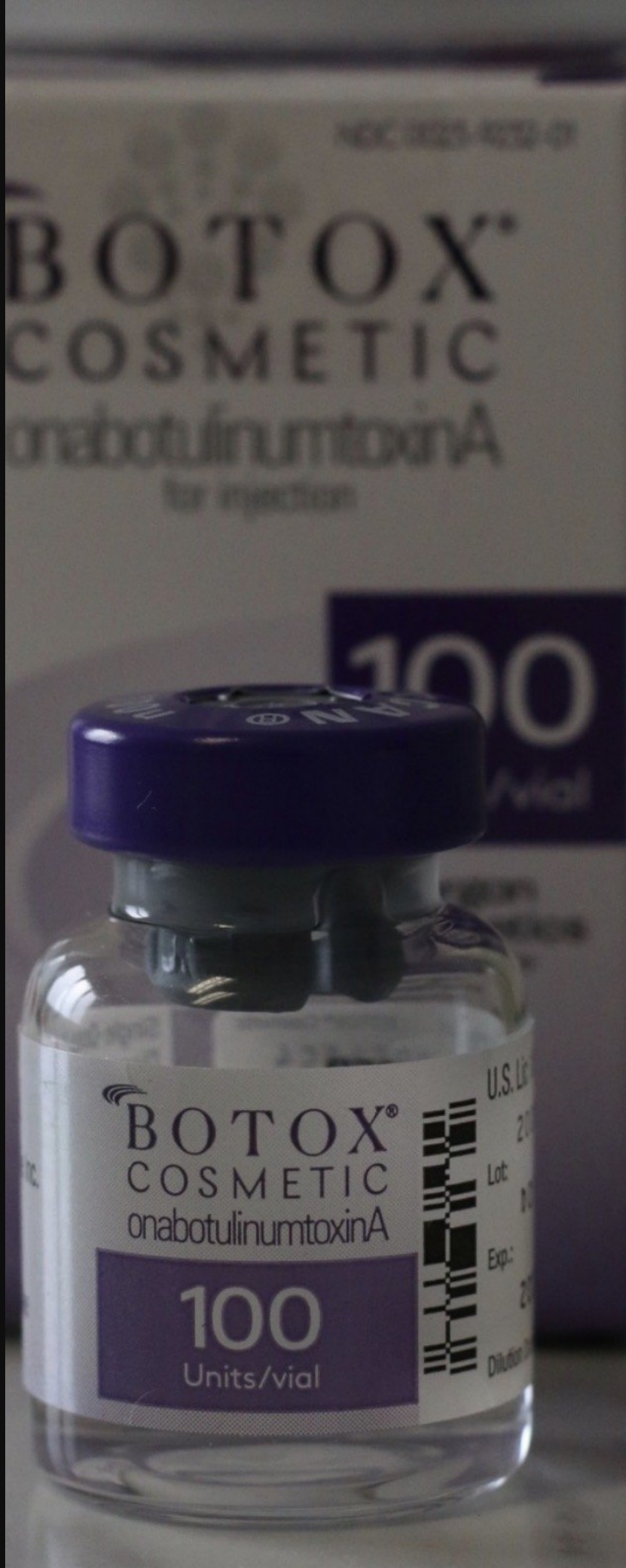
Tell us if you are pregnant, trying, or breastfeeding. Botox does not treat during any of these.

Tell us if you have ever been diagnosed with a neuromuscular condition such as myasthenia gravis, Lambert Eaton syndrome or ALS. These are not compatible with treatment.

Tell us if you are taking aminoglycoside antibiotics (gentamicin, tobramycin), muscle relaxants, or any medication for a nerve or muscle disorder. Some of these change how the toxin behaves.

Tell us about previous neurotoxin treatments anywhere else: what was treated, roughly how many units, and whether you ever had a heavy brow or a drooping eyelid afterwards.

If you are unwell, have an infection anywhere, or have a cold sore or breakout in the treatment area, call and move your appointment. We will move it without charge.



One week *before.*

These reduce bruising. They are optional and none of them is essential. Bruising with neurotoxin is usually small and settles within days.

You may pause over-the-counter supplements that thin the blood: fish oil and omega 3-6-9, vitamin E, turmeric, ginkgo, garlic, St John's wort, high-dose flaxseed oil.

You may pause occasional over-the-counter anti-inflammatories such as ibuprofen, Advil, naproxen and aspirin taken for aches. Paracetamol or acetaminophen is fine and does not thin the blood.

Arnica is popular for bruising. The evidence is thin. It is harmless and you are welcome to use it.

DO NOT STOP PRESCRIBED MEDICATION

If a doctor has prescribed a blood thinner or aspirin (Eliquis, Xarelto, Coumadin, Pradaxa, Plavix, low-dose aspirin for your heart), keep taking it exactly as prescribed.

Stopping one of these carries a real risk of clot or stroke. No cosmetic appointment is worth that.

Being on a blood thinner does not stop us treating you with neurotoxin. It means you may bruise at the injection points, and we will plan for it. Only the doctor who prescribed it can change it.



03 · BEFORE YOUR APPOINTMENT

48 hours *before.*

No alcohol.

No facials, peels, laser, microneedling or waxing over the areas being treated.

04 · BEFORE YOUR APPOINTMENT

On the *day.*

Eat beforehand and drink water. Feeling faint is more common on an empty stomach.

Come with a clean face. Make-up is fine to arrive in, but we will remove it from the treatment areas.

Allow about thirty minutes. Photographs are taken before every treatment.

Please do not bring young children. We need your full attention and ours.

If you feel unwell that morning, call us.

What is normal *afterwards*.

Neurotoxin does nothing for the first few days. This surprises almost everyone the first time.

Small raised bumps at each injection point. These settle within twenty to thirty minutes.

Pinprick marks and occasional small bruises. Make-up can cover these after four hours.

A mild headache or a tight, heavy feeling across the treated area in the first day or two.

Nothing visible for three to five days. The muscles soften gradually.

The full effect at fourteen days. Not before.

Some asymmetry on the way in. Muscles rarely relax at exactly the same pace on both sides, and this evens out by the two week mark.

The first 48 hours.

Stay upright for four to six hours after injection.

No lying face forward today. No naps on your stomach, no face-down massage.

Do not rub, press or massage the treated areas. This includes cleansing: fingertips, light pressure, pat dry.

No make-up on the treated areas for four hours.

No vigorous exercise for 24 hours. Walking is fine.

No heat for 24 hours: no sauna, steam room, hot yoga, hot tub or very hot showers.

No alcohol for 24 hours.

For 48 hours: no brow plucking, waxing or threading, no gua sha, no lymphatic drainage, no face massage, no headbands, hats or goggles pressing on the treated areas. Anything that pushes on the muscle while the toxin is settling.

Moving the treated muscles is fine. You do not need to exercise them, and doing so does not improve the result.

Paracetamol or acetaminophen is fine for a headache.

The first *two weeks*.

No facials, peels, laser, IPL, radiofrequency or microneedling over the treated areas.

Photograph yourself at day fourteen in the same light and expression as your before photos. Bring both to your review.

Book your review for two weeks after treatment if it is not already in the diary.

PLEASE DO NOT JUDGE YOUR RESULT FOR TWO WEEKS

This is the single most useful thing in this guide. Immature does not assess, adjust or add units until day fourteen, because the toxin has not finished working until then.

Your review is at two weeks. That is when we decide together whether anything needs doing.

BEFORE



TWO WEEKS



Call immediately, *day or night.*

Any difficulty swallowing, speaking or breathing.

Muscle weakness anywhere away from the treated area.

Double vision, blurred vision or an eyelid that will not open fully.

Hives, swelling of the lips or face, or a rash spreading beyond the treatment area.

These are rare, and the first two are very rare. They are also time critical, and we would far rather see you for nothing than late. If you cannot breathe or swallow properly, call 911 first and call us second.

CLINIC NUMBER

AFTER HOURS

Call during normal hours if one brow sits higher than the other after two weeks, an eyelid feels heavy, a bruise is not fading after ten days, or anything is simply worrying you. A heavy lid or brow is not dangerous. It is uncomfortable, it is temporary, and there are prescription drops that can help it. Nothing on this list is a nuisance to us.

We will see you at *two weeks*.

Bring your day fourteen photographs and tell us honestly what you think of the result, including if you want more movement, not less. That conversation is much easier at two weeks than at two months.

Neurotoxin is not permanent and cannot be dissolved. It wears off. Most people see three to four months from a first treatment, and this varies a great deal between people and areas. Once it is in, the only route back is time.

I have received, read and understood these instructions and I have had the chance to ask questions.

SIGNATURE

DATE

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