

SkinCredible

WICHITA · PHYSICIAN-LED AESTHETICS

Neurotoxin · Botox, Dysport & Xeomin

PRE-TREATMENT INSTRUCTIONS

Before Your Treatment

PREPARE FOR YOUR VISIT

To limit bruising and get the best results, please follow these before your visit.

- For **1 week before**, avoid blood-thinning agents that increase bruising — aspirin, ibuprofen/NSAIDs, fish oil, vitamin E, ginkgo, and St. John's wort — unless prescribed.
- Do **not** stop prescribed blood thinners without your doctor's approval.
- Skip alcohol for **24 hrs** before your appointment.
- Arrive with clean skin — no makeup on the treatment area
- avoid retinoids and exfoliating acids for 24 hrs.
- Consider oral arnica or bromelain a few days before to help reduce bruising.
- Tell us if you are pregnant or breastfeeding, have a neuromuscular disorder (e.g., myasthenia gravis), or have had a prior reaction to Botox, Dysport, or Xeomin.
- Tell us about recent or planned dental work, facials, peels, or energy treatments, and any antibiotics (aminoglycosides can increase toxin effect).
- Plan ahead — allow **2 weeks** before a major event, since results settle over 10–14 days and minor bruising can occur.

Questions before your visit? Call 316-978-0287

SkinCredible Wichita · 3161 N Rock Rd, Suite B, Wichita, KS 67226

Regenerative Beauty

Protocol reviewed by Samrah Mansoor, MD, FAAFP, FCUCM

SkinCredible

WICHITA · PHYSICIAN-LED AESTHETICS

Neurotoxin · Botox, Dysport & Xeomin

POST-TREATMENT CARE

After Your Treatment — Care

GENERAL CARE

- Stay upright for **4 hrs** — don't lie down, bend over for long, or nap.
- Don't rub, massage, or press the treated areas for 24 hrs. Skip facials, microdermabrasion, and massage for 2 weeks.
- Gently move the treated muscles (frown, raise brows) now and then for the first hour — optional.
- Avoid strenuous exercise, heat, saunas, hot tubs, tanning, and hot showers for 24 hrs.
- Avoid alcohol for 24 hrs; wait ~4 hrs before makeup, and apply gently.
- Mild redness, swelling, small bumps, headache, or slight bruising are normal and fade within hours to days.

WHAT TO EXPECT — BY PRODUCT

- **Dysport:** onset 2–3 days; may spread a bit more.
- **Botox / Xeomin:** onset ~3–5 days. Full effect by 10–14 days; lasts ~3–4 months.
- Space other neurotoxin injections 3- 4 months apart.

CALL US — 316-978-0287

Seek care right away if you experience:

- Drooping eyelid or brow, uneven smile, double or blurred vision, trouble swallowing, speaking, or breathing, severe weakness, or signs of infection. For breathing or swallowing trouble, call 911.

Concerns after your visit? Call 316-978-0287

SkinCredible Wichita · skincrediblewichita.com

Regenerative Beauty

Protocol by Samrah Mansoor, MD, FAAFP, FCUCM