

# Neurotoxins

## PRE | POST INSTRUCTIONS

*Tiffani*  
RN | BSN | MSN  
MM | CANS  
NURSE INJECTOR

5/2025

### POST CARE INSTRUCTIONS

- Please come with a clean face.
- Ice can be applied 20-minutes out of every hour with gentle pressure. Be assured that any tiny bumps or red marks will go away within a few hours.
- You may have bruises in the areas treated with Dysport / Jeuveau / Xeomin. This is normal.
- It may take up to two weeks for you to experience the full effect of the Dysport / Jeuveau / Xeomin treatment. Remain patient. It takes time for the muscles to lose strength and the lines to fade following.
- Muscle weakness will take place between 3-10 days after injections. Results of your treatment **may** take up to 14 days to take full effect. Please wait until the 14 days has passed before assessing if you are pleased with the result.
- Dysport / Jeuveau / Xeomin treatments are a temporary procedure. Your treatment results will last approximately 3 to 4 months.
- Dose adjustments must be made within 2-3 weeks of your original appointment. Dose adjustments will be done at a reduced cost. Any appointments made after 3-weeks will be at full price.
- Do not perform any strenuous exercise, such as heavy lifting or running, for 24-hours after treatment.
- Do not lay flat for 4-hours after treatment. This can cause the neurotoxin to migrate.
- Make-up can be applied as soon as needed.
- Do not use a clarisonic brush, dermal roller, or get a facial for 72-hours.
- Do not get a laser treatment or micro-blading / tattooing by the eye area for 14-days following your treatment.

If you have any questions at all, please do not hesitate to contact us at 701-530-8450.



**Advanced Surgical Arts Center**  
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