

Pre Care Instructions

- Avoid blood thinning over the counter medications such as Aspirin®, Brufen®, Voltaren® and other anti-inflammatory medications. Avoid Omega 3 fatty acids and Arnica as they also thin the blood and increase your risk of bruising. Panado is fine to use.
- Please notify me if you are using prescription or non-prescription blood thinners so extra precaution can be taken to avoid bruising.
- Come in 15 minutes early if you would like topical anaesthetic cream to be applied.
- If this is your first time receiving Botulinum Toxin Injections a “before” photo will be taken for your file.
 - Botulinum Toxin is contraindicated in pregnancy and breast feeding. Other contraindications include rare neurological conditions, for example: Motor Neurone Disease, Myasthenia Gravis and Lambert-Eaton Syndrome.
- Tip: Take Zinc supplements to increase the effectiveness of Botulinum Toxin. Zinc is necessary for Botulinum Toxin to attach to nerve receptors.

Post Care Instructions

- Do not rub the area for 6 hours following your treatment.
- Avoid any massage or pressure to the area for 4 days as this may disrupt the placement of the drug.
- Refrain from heavy exercise for 24 hours. Exercise can result in the Botulinum toxin migrating into unwanted muscles.
- Your treatment will take effect anywhere from 2-14 days, but most commonly within 3-5 days.
- Refrain from shaving the underarms / area injected for 2 days post procedure.

Expected Results

- Botulinum Toxin injections for hyperhidrosis can achieve an 80-90% reduction in sweating.
 - The duration of action is anywhere between 2-6 months.

