

# FAQ's for Neurotoxins

## What are Neurotoxins?

Neurotoxins are an injectable used for anti-aging. The medication relaxes muscle by "paralyzing" the muscle being treated. This limits fine lines and wrinkles from forming. Botox is most commonly referred to when speaking of neurotoxins, but we offer a variety of neurotoxins including Jeuveau, Xeomin, and Dysport. Neurotoxins can also be used to treat migraines, TMJ, hyperhidrosis and muscle tightness.

## How do they work?

Neurotoxins, such as Botox, relax the muscle by blocking the receptor that causes muscle contractions. At A Touch of Energy Wellness, we use this mechanism to minimize facial expression, therefore reducing the wrinkles caused by facial muscle contraction.

## Is there recovery time?

No recovery time, however, we ask our patients to refrain from exercising for 24 hours once they receive neurotoxin injections. In addition, the patient should avoid massages, vigorously rubbing the area injected or lying down for 4 hours. The patient can return to normal activities by the next day.

## Any pain or bruising?

There is very minimal pain associated with neurotoxin injections; however, we do offer distractors for those who are sensitive. There is a risk for bruising, but it is not common.

## Results?

Results will be visible in 5-7 days but full results are seen at 2 weeks. Your injector will not see you until the full 2 weeks for a possible touch up if needed.

## How long does the procedure take?

This treatment is fairly quick. Your initial treatment will include a full facial assessment with your injector and your goals will be discussed. The initial treatment is around 30-45 minutes, all follow up appointments will be 15-20 minutes.

## Will I need multiple sessions?

It is recommended to get Botox every 3-4 months. It is always recommended to have a 2 week touch up to allow your injector to see the results. This provides better, more precise and effective treatment in the future.

## Who is a candidate?

Although Botox can be used preventatively, the majority of patients start in their 30s, or people of any age who start to notice wrinkles on their face.



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