



TOX CARE

PRE-CARE TOX

- To reduce your risk of bruising avoid the following 72 hours before your appointment:
- alcohol
- oily vitamins (vitamin E, fish oil)
- ibuprofen (Advil)
- If you are prone to bruising, you can also try Arnica tablets 3 days before your appointment

POST-CARE TOX

- Avoid laying down for 4-6 hours after
- Avoid strenuous activity for 24 hours
- Do not massage injection site for 24 hours
- Avoid tightly fitting hats 4-6 hours after treatment
- Try to avoid make-up and any irritating products (AHA, salicylic acid) until the next day
- It can take two weeks for the TOX to kick in, so give it time. It may be uneven or feel 'heavy', but should improve by 2-3 weeks

