



# TECH NECK TREATMENT (FILLER + MICROTOX) AFTERCARE AND CONSENT FORM

## Procedural Description

The **Tech Neck Treatment** is a specialized procedure designed to reduce horizontal lines on the neck, often referred to as "tech neck," which result from frequently looking down at devices. This treatment combines filler to add volume and smooth out deeper lines, with Microtox (small doses of neuromodulator) to relax muscles and provide a subtle, refined appearance. By targeting these lines, this treatment promotes a youthful, smoother neck contour.

An initial protocol may require two sessions to achieve optimal results, depending on the severity of the lines and individual skin characteristics. For maintenance, Microtox is recommended every 3 months, while filler results are typically refreshed every 12 months. A complimentary **Alastin Restorative Neck Complex** is included with each treatment to enhance and prolong the effects, supporting skin health and rejuvenation.

## Before Your Treatment

- **Avoid Blood Thinners:** Refrain from blood-thinning medications and supplements (e.g., aspirin, ibuprofen, fish oil, vitamin E) for at least 7 days prior unless otherwise directed by your healthcare provider.
- **Avoid Alcohol and Smoking:** Limit alcohol and avoid smoking for 48 hours before treatment to minimize bruising risks and support healing.
- **Cold Sore Precaution:** If you have a history of cold sores, inform your provider for potential preventive care.
- **Hydrate:** Drink plenty of water leading up to your appointment to support optimal results.
- **Arrive with Clean Skin:** Please arrive with no makeup, sunscreen, or moisturizer on your neck to ensure a sterile treatment environment.

## What to Expect During the Procedure

- **Consultation:** Your provider will assess your chin and discuss your aesthetic goals to customize the treatment plan.
- **Numbing:** A topical numbing cream may be applied to enhance comfort during the injections.
- **Precise Injection:** Filler is carefully injected to shape and define the chin, adding volume and correcting any asymmetry. Botox may be added to relax specific muscles, smooth chin dimpling, and prolong filler effects.
- **Aftercare Review:** Your provider will go over aftercare instructions to optimize your results and minimize any potential side effects.

## Post-Treatment Instructions

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- **Avoid Touching or Rubbing:** Refrain from touching or rubbing the treated area for at least 24 hours.
- **No Makeup:** Avoid applying makeup, sunscreen, or other products on or around the neck area for 24 hours to reduce infection risks.
- **Stay Hydrated:** Continue to drink water to support filler hydration and volume retention.
- **Cold Compresses:** Use a cold compress gently if you experience swelling or bruising.
- **Avoid Strenuous Activity:** Avoid intense exercise, saunas, hot tubs, and direct sun exposure for 48 hours post-treatment.
- **Sleep with Head Elevated:** Sleeping with your head slightly elevated may help reduce swelling.

## Potential Risks and Complications

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As with any injectable procedure, there are potential risks and side effects associated with both filler and Microtox for the neck, including but not limited to:

- **Bruising and Swelling:** Mild bruising and swelling are common and usually resolve within a few days.
- **Tenderness or Discomfort:** Some tenderness or discomfort at the injection sites may occur.
- **Asymmetry:** Minor asymmetry may occur and may require follow-up for adjustment.
- **Lumps or Nodules:** Small lumps or bumps may form in the treated area; these typically resolve on their own or with gentle massage.
- **Infection:** Although rare, any injection carries a risk of infection. Following aftercare instructions minimizes this risk.
- **Allergic Reactions:** Allergic reactions to filler, neuromodulators, or numbing agents are rare but possible.
- **Vascular Complications:** Filler injections near blood vessels carry a rare risk of obstructing blood flow, which can lead to tissue damage.
- **Temporary Muscle Weakness (specific to Microtox):** Small doses of neuromodulator may cause minor, temporary muscle weakness in the neck area, which usually resolves within days to weeks.

## Expected Results and Maintenance

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- **Natural-Looking Enhancement:** This treatment is designed to create a smooth, youthful neck appearance by reducing visible lines and enhancing skin texture.
- **Gradual Improvement:** Results are visible immediately with filler, while Microtox effects generally take up to 7-14 days to become fully apparent. Full effects will continue to improve over 1-2 weeks as swelling subsides and the products settle.
- **Longevity:** Microtox results typically last about 3 months, while filler may last 6-12 months or more, depending on individual factors. Maintenance treatments are recommended to retain a smooth, youthful neck appearance.

## Alternative Treatments

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Your provider has discussed alternative treatments with you, including neck-specific skincare regimens, laser treatments, and surgical options. If you prefer any of these alternatives, please notify your provider.

## Contraindications

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This treatment is not suitable for individuals who:

- **Are Pregnant or Breastfeeding:** Injectable fillers and neuromodulators are not recommended during pregnancy or lactation.

- **Have Severe Allergies to Filler Ingredients:** Please inform your provider if you have any known allergies to hyaluronic acid, lidocaine, or botulinum toxin.
- **Have Active Skin Infections or Conditions:** Such as active acne, cold sores, or skin inflammation in the treatment area.
- **Have Neuromuscular Disorders (specific to Microtox):** Individuals with conditions such as myasthenia gravis or Lambert-Eaton syndrome should avoid neuromodulators.
- **Prone to Keloid Scarring:** Individuals with a history of keloid or hypertrophic scarring should consult with the provider.

## Consent to Clinical Photography

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For documentation purposes and to track progress, photographs may be taken before and after your procedure. These images are confidential and will be used solely for clinical records and treatment evaluation. They will not be used for marketing or educational purposes without separate, explicit consent.

## WRITTEN CONSENT

By signing below, I confirm that I have read and fully understand this consent form for the Tech Neck Treatment (Filler + Microtox). I acknowledge the potential risks, benefits, and aftercare requirements and agree to follow all recommended aftercare instructions. I confirm that I have had the opportunity to ask questions, and all my questions have been answered to my satisfaction. I consent to the administration of the Tech Neck Treatment by the trained professionals at Honey Skincare Studio.

PRINTED NAME:

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SIGNATURE:

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DATE:

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