

Important!
Please READ

**Botox®, Dysport® & Xeomin®
(NEUROMODULATOR)
Pre & Post Instructions**

Bleeding and bruising are possible with any and all injections. To help prevent bleeding and bruising, avoid the following for two weeks prior to your appointment:

- Over the counter pain medications. Examples include: Ibuprofen, Aleve, Aspirin, Excedrin, Advil, Naprosyn, Naproxen-and any medications containing these ingredients. Tylenol/Acetaminophen CAN be taken and will not increase your risk for bruising.
- Herbs & Supplements including: multivitamins, fish oils, omegas, vitamins C & E, turmeric, st. johns wort, grapeseed extract, ginseng, ginkgo biloba, evening primrose oil, birch bark, garlic, turmeric, and ginger.
- Beverages containing ALCOHOL or GREEN TEA.

Do not apply anything to the treated area. This includes sunscreen, powder, makeup, a cell phone or fingers for 1 hour post treatment.

Neuromodulators can move or migrate and affect unwanted muscles. To avoid this, do not wear a hat, helmet or glasses (if bunny lines were injected) for 3 hours following your treatment. Avoid pressure or massage to the treated areas for 24 hours. Do not undergo a massage, chiropractic work, brow work or facial within 24 hours of neuromodulator treatment.

It is best to avoid working out after your treatment until the following day.

Wash your face gently the day of treatment. Avoid exfoliants and devices such as Clarisonic, Foreo, dermaplaning blades/devices until the following day.

These products take TWO WEEKS to fully take effect. Please read that again! During this two weeks, the active ingredients are beginning to work, but their maximum efficacy is different for everyone. Sometimes you may experience partial muscle contraction (chin especially) or feeling like one area is working and another is not. For this reason, evaluations and touch ups are scheduled at 2 weeks and NOT BEFORE.

It is possible to experience a heaviness in the brow or forehead. This is most common for first time users of Botox, Dysport or Xeomin, those who's treatments are irregular or infrequent and forehead dose increases. This heavy feeling typically resolves week 3-4 after treatment.

Effects from any neuromodulator can last from 2-6 months depending on the individual. On average, most patients seek treatment every three months. Your results will be most reliable and predictable if you regularly treat four times per year. ***Do yourself a favor and schedule your next treatment BEFORE you leave the office!!***

rē **V**ive

