



NEUROMODULATOR (BOTOX®, XEOMIN®, DYSPORT®) PRE- AND POST CARE

Pre-Treatment Instructions

Avoid alcoholic drinks at least 24 hours prior to treatment (to help prevent bruising due to the blood thinning effects of alcohol).

On the day of treatment, avoid vigorous exercise prior to treatment.

Avoid anti-inflammatory and blood thinning medications for 2 weeks prior to treatment to help prevent bruising. Such medications include aspirin, NSAIDs (Ibuprofen, Naprosyn, Aleve), Vitamin E, Ginkgo Biloba, St. John's Wort, Coumadin/warfarin, Pletal, Aggrenox. It is recommended that you speak to your physician before discontinuing these medications prior to doing so, however.

Schedule your injection at least 2 weeks prior to any special occasion/event in case you bruise and to ensure it is fully effective.

Post-Treatment Instructions

No straining, heavy lifting, vigorous exercise for 2-3 hours following treatment.

Avoid manipulation of the area for 3 hours following treatment.

Facial exercises are recommended of the injected area for 1 hour following the treatment to stimulate the binding of the toxin only to this localized area. This means moving your face 3 times every 5 minutes for one hour (for example, smile, grimace, raise eyebrows).

Avoid pushing on the treated area for at least 3-4 days. For example, do not get a massage where your face may be pressed into the treatment table. Wash your face gently only. This includes wearing any tight hats or goggles that would compress the area(s) injected.

Make-up can be applied immediately. Retin-A, Glycolic Acid, Vitamin C can be used but avoid the treated area for 24 hours.

It can take 2-14 days for the injection to take full effect. Contact the office 2 weeks after the treatment if the desired effect was not achieved.

No other esthetic procedures, such as BBL, Scarlet, microneedling, lasers should be done for at least 2 weeks after injection.