

PRE & POST CARE PATIENT INSTRUCTIONS

NEUROMODULATORS

(BOTOX, XEOMIN, DAXXY, DYSPORT, ETC.)



Please review all materials provided to you prior to your treatment. It is prudent to follow some simple guidelines before treatment that can make all the difference between a fair and great result, by reducing some possible side effects associated with the injections. We realize that this is not always possible. However, minimizing these risks is always desirable.

Pre-Treatment Instructions

- Avoid the use of Aspirin, NSAIDS, Ginko Biloba, Garlic Supplements, Green Tea, Flax Oil, Cod Liver Oil, Vitamins A and E, and essential fatty acids for up to 1 week pre and post injection as they will increase your risk of bruising.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising.
- Do not apply products that are potentially irritating for 2 -3 days before and after treatment (examples- tretinoin/retin-a, glycolic acid, benzoyl peroxide, hydroquinone)
- Inform your provider if you have a history of cold sores to receive advice on antiviral therapy prior to treatment
- Do not use the above stated if you are pregnant or breastfeeding, are allergic to any of its ingredients, or have a history of neurologic disorders. Please inform your provider if you have any questions about this prior to the treatment.

Day of Treatment

- You may use topical anesthetic medication in office before your scheduled appointment (please arrive 15 minutes prior to procedure).
- Arrive with a clean face. Please do not wear makeup.
- You may experience a mild amount of tenderness or stinging during and following injection.
- Redness and swelling are normal. Some bruising may also be visible.

Post Care Instructions

- It is best to try to exercise your treated muscles for 1-2 hours after treatment (e.g. practice frowning, raise your eyebrows, and squint). This helps to work the product into your muscles.
- Stay in a vertical position for 4 hours following injection. Do not rest your head or lie down; sit upright.
- Ice (but avoid firm pressure) for 15 minutes, 3 times the day of treatment.
- You may take Acetaminophen/Tylenol if you experience any mild tenderness/discomfort
- Do not massage treated areas after treatment.
- After treatment there will be moderate swelling and redness with possibility of bruising.
- Avoid extended UV exposure until any redness/swelling has subsided. Apply SPF.
- Avoid strenuous exercise for 24 hours to reduce bruising. You may resume other normal activities/ routines immediately.
- Avoid laser, IPL, or skin tightening treatments of the area for a minimum of 24 hours (or as directed by your provider) after injection.
- You may continue your topical products as mentioned above 1 week after injection.