



## **Neuromodulator (Botox, Xeomin): Pre and Post-Care Instructions**

### **Before Your Botox/Xeomin Treatment**

Help reduce the risk of bruising by avoiding any blood thinners such as Aspirin, Advil, Motrin, Vitamin E and alcohol for 3 days before treatment.

**Do NOT use Botox/Xeomin if you are pregnant or breastfeeding, allergic to any of its ingredients, or suffer from any neurological disorders or neuromuscular disorders.**

We recommend you come to your appointment with a clean face and no makeup on. If that is not possible, we will remove your makeup prior to injections.

### **After your treatment:**

**Activity-** Avoid exercise for 12 hours after your injection. This includes yoga. Avoid saunas and steam rooms that may increase your blood pressure.

**Pressure** - Avoid facials, do NOT rub or massage the treated areas, and do NOT lie down for 4 hours after treatment. This is to avoid the risk of pressure on the treated areas (from your pillow) and to avoid the risk of having the area rubbed accidentally.

**Results** - It will take up to two weeks for you to experience the full effect of the treatment. Remain patient. It takes time for the muscles to lose strength and the lines to fade following treatments. The objective of Botox treatment is to improve the appearance of the lines, not necessarily paralyze the muscle. We strongly recommend that first time Botox patients follow-up in two weeks as we start with a light dose. You may need a touch-up.

Be assured that any tiny bumps or marks will go away within a few hours. If you need to apply make-up within 4 hours after your treatment, only use a GENTLE touch to avoid rubbing the treated area. Some patients experience headaches after injections. This headache is temporary and typically lasts 1-2 days. You may take Tylenol for discomfort.

Botox/Xeomin Cosmetic is a temporary procedure and at first, you may find that your treatment results will last approximately 3 or 4 months. If you maintain your treatment appointments with the frequency recommended by your injector the duration of each treatment result may last longer than 4 months. We are able to create the best clinical results for you during this period. Lasting results come with consistency.

If you have any questions you can contact us. A number will be provided for you to reach out.