

Neuromodulator

(Botox, Dysport, Xeomin, Jeuveau and Daxxify)

PRE-CARE INSTRUCTIONS

One Week Before

- Avoid blood-thinning agents to reduce the risk of bruising. Only discontinue medications with your doctor's approval.
- No aspirin, ibuprofen, naproxen, fish oil, vitamin E, ginkgo biloba or St. John's Wort.
- No alcohol for at least 48 hours pre-treatment (it increases your risk of bruising).
- Avoid strong active skincare ingredients on treatment areas (e.g., Retin-A, AHA/BHAs) for two days prior if you have sensitive skin.
- No vaccinations for at least one to two weeks before or after.
- Consider Arnica supplements (or topical cream) to help reduce potential bruising. Ask your provider prior to starting these supplements.

Day of Appointment

- Arrive with a clean face—no makeup, creams or sunscreen on the area.
- Eat a light meal and stay well hydrated to avoid feeling faint.
- Wear comfortable clothing—nothing that will press against the face or injection areas such as a headband, hat, beanie or turtleneck.
- Let your injector know if you:
 - Are pregnant or breastfeeding
 - Have a neurological or autoimmune disorder
 - Are taking antibiotics, blood thinners or muscle relaxants

POST-CARE INSTRUCTIONS

Immediately After (First Four Hours)

- DO NOT lay down or recline flat for four hours. This will ensure that the product will not spread into the orbit of your eye or another muscle which could cause a drooping eyelid in rare instances or results that are not necessarily desired.
- Avoid touching, rubbing or massaging the treated areas.
- Stay upright and avoid leaning forward or bending excessively.
- No makeup for at least 24 hours after treatment.
- No strenuous exercise for 24 hours—increased blood flow may spread the toxin.
- If bruising appears, this is okay and can be a side effect especially for those who bruise easily or who take prescriptions or supplements which cause blood thinning, such as ginkgo, garlic, fish oil and vitamin E. Apply a cool compress to the area.

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POST-CARE INSTRUCTIONS CONTINUED

First 24 Hours

- Avoid alcohol, smoking or excess caffeine.
- Be gentle with your face—no exfoliating or treatments.
- Avoid tight hats or headbands if your forehead or glabella (frown lines) were treated.

One to Three Days After

- You can return to your skincare routine unless instructed otherwise.
- The most common side effect of Botulinum Toxin A injections is a headache, which may be treated with Tylenol. If you are a chronic headache sufferer and have a prescription headache medication, you may take it as prescribed by your doctor.
- You may start to see the effects in two to five days, but full results develop over seven to 14 days.
- Slight swelling, tenderness or minor bruising is normal and should resolve within a few days.
- Do not massage or manipulate the area unless advised.

Seven to 14 Days After

- Be gentle with your face—no facials or dermarolling treatments.
- No saunas, hot tubs, steam rooms, sun exposure or tanning beds. This also includes placing your face in a massage cradle or lying face down in a chiropractor's chair for two weeks following injection. If you are uncertain about the time frame between these activities and your treatment, ask your provider.
- Results are usually fully visible. A supplemental "refinement" treatment may be required to achieve and maintain optimal results. If the desired result is not seen two weeks after your treatment, you may require additional product. Fees are based on product used; therefore, you will be charged for products used during any refinement or subsequent appointments. If this is your first treatment, we recommend scheduling a follow-up appointment two weeks after your injection.
- If there's asymmetry or movement still present, your provider may suggest a touch-up.
- Don't expect filler-like "plumping"—neuromodulators only reduce muscle movement, not volume.



If you have any questions or concerns, do not hesitate to contact Springfield Clinic. We are here to help in any way possible!

