



PROCEDURE INSTRUCTIONS

Neuromodulators (Botox/Dysport/Xeomin)

BEFORE

- Avoid taking aspirin or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil, Motrin, Nuprin, Aleve, Celebrex, Fish oil, Ginko Biloba, St. John's Wort and high doses of vitamin E for 7-10 days prior to procedure, as these may increase the risk of bleeding and bruising at the treated site(s).
- Avoid alcoholic beverages for 24 hours prior to procedure as this can increase the risk of bleeding and bruising at the treated site(s).
- Avoid waxing, bleaching, tweezing, or the use of hair removal creams in the area(s) to be treated.
- If you have any history of Herpes Simplex (cold sores) on your face, preemptively begin taking medicine a week prior to treatment to prevent an outbreak. Treatment is delayed/canceled if you have an active outbreak or open wound.
- Avoid exposure to the sun and sunburn.
- Always inform your doctor of all medications, including supplements you may be taking as well as your medical history.

AFTER

- Remain upright for 2 hours after the injection and do not massage or rub the treated area.

- Exaggerate facial expressions in injected areas for approximately 1-2 hours after the injection: practice frowning, raising your eyebrows and squinting.
- Do not exercise for 24 hours after treatment (you can metabolize some of the product before it gets taken up by the muscle).
- Avoid any type of facial, microdermabrasion, or massage for 14 days after treatment.
- Avoid Ibuprofen, Advil or Motrin or other anticoagulants.
- Avoid alcohol for 24 hours post-treatment.

WHAT TO EXPECT

Minor redness, swelling, or discomfort at the injection site may last a few hours after injection. Be assured that any tiny bumps or marks will go away within a few hours of treatment but on rare occasions this may last up to two weeks. Mild bruising is expected, and it goes away in 3-5 days.

Effect of treatment starts as soon as day 3, with full results apparent at day 14. Wrinkle reduction will last approximately 3-4 months and if you maintain your treatment appointments with the frequency recommended by your clinician, the duration of results may last longer than 4 months. However certain patients may see some effects start to wear off around 2 months.

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