



Dysport[®]/ BOTOX[®] Neuromodulator Pre and Post Treatment Instructions

Before your treatment:

- Please avoid any blood thinning medications/supplements (for approximately 3 days before and 2 days after) including but not limited to: ASA, Motrin, Advil, NSAIDS, Aleve, curcumin, turmeric, ginseng, omega 3's/fish oil, ginger, garlic, vitamin E.
 - This can increase your risk of bleeding and bruising
- Please arrive with a clean face – no makeup, lotions, or moisturizers, these will be removed prior to your injection.
- Please ensure you exercise prior to your appointment (not after!).
- Contraindications (patients who are not candidates) to neurotoxin injections include but are not limited to:
 - Pregnancy and breastfeeding
 - Those with neuromuscular disorders (ALS, Bell's palsy, Guillain-Barre Syndrome and Myasthenia Gravis)
 - Those with allergies to human albumin or other ingredients contained in the neurotoxin

After your treatment:

- Some redness and swelling can be noted, these will subside in a few days.
- You may take Tylenol/Acetaminophen if you experience mild tenderness, avoid Advil since this can worsen bleeding.
- In some cases, mild bruising may be apparent, this will resolve within a few days. Arnica lotion/tablets can be used to decrease bruising.
- It is normal to experience some tenderness at the site of the injection, this will improve over the course of the day.
- Exercise the muscles treated for the next 30 min. For example, make frown lines, clench your jaw, move your mouth. This will help the toxin work quicker.
- Do not rub or massage the area for 24 hrs (4 hours minimum).
- No strenuous exercise, saunas, and excessive heat for 4 hours post treatment.
- Avoid facials, microneedling, chemical peels for 2 weeks post injection.
- Showering and most daily activities are okay.
- Do not lie down for ideally 4 hours post treatment.
- Tiny bumps will go away a few hours after your treatment.
- If you need to apply makeup within 4 hours post treatment, please gently do so (do not press hard).

Please book a 2 week follow up if it is your first treatment or if you have any areas that require a touch up. This will allow us to reassess and correct any asymmetries. Please note, we must wait 2 weeks prior to touching up the neurotoxin as it can take up to 2 weeks for the medication to take full effect.

If you have any questions or concerns following your treatment, please contact the office.

We would love to hear about your recent visit. Your feedback is incredibly valuable as we strive to provide our clients with the best medical care. Please share your positive experience on Google.