

## **BOTOX®, DYSPORT® OR XEOMIN® INJECTIONS PRE/POST CARE INSTRUCTIONS**

Botox®, Dysport®, and Xeomin® are in a class of medications called neuromodulators or neurotoxins which prohibit the movement of muscles causing animation. Amounts injected are measured in units and proper dosing depends on a patient's metabolism, muscle density and strength, and location of the area being treated. Therefore, they are indicated for the treatment of fine lines created by movement.

We tend to treat conservatively until we can determine the baseline of a particular muscle for adequate treatment. If you still have movement at two (2) weeks, it is possible that your muscle just needs more medication for optimal treatment. Touch up treatments for Botox®, Dysport®, and Xeomin® MUST be received within 21 days from the original application to receive the Walk-In Wednesday discounted rate.

### **PRE-CARE**

- Unless prescribed by a physician, it is recommended to avoid Aspirin, Ibuprofen, Advil, Aleve, St. John's Wort, Vitamin D and E, garlic, Fish Oil/Omega 3, Flaxseed Oil, Omega's, Turmeric, Green Tea, Horse chestnut Seed Extract, Alcohol and non-steroidal anti-inflammatory drugs (NSAIDS) in the 5-7 days prior to your treatment as they may promote the risk of bruising in the injection area.
- You may not be treated if you are pregnant or nursing, have difficulty swallowing, nerve injury or weakness in the treatment area, or an infection in the area. Inform your medical provider if you are on blood thinners or have had procedures or surgery of the treated area.
- If you experience occasional or have an active HSV (herpes) outbreak: BOTOX®, Dysport® OR Xeomin® injections can irritate sensory nerves in the area, enough to create an outbreak. It is recommended that patients begin pre-treatment with antiviral medication, such as acyclovir, a minimum of 3-5 days prior to treatment. Patients are also encouraged to wait until all symptoms of HSV have ceased before getting laser hair removal. Should you require a prescription for acyclovir, please contact the medical spa to submit your request. A prescription for medication may be prescribed after review.

### **POST CARE**

- This treatment is not recommended if you have an important event within 2 weeks of injection due to potential for bruising.
- For the first 30 MINUTES following Botox®, Dysport®, and Xeomin®, periodically perform facial movements in the areas of injections to work the neuromodulator(s) into the muscle - e.g., smile, squint, etc. Remain upright for the first 4 hours post treatment.
- Do not participate in activities that include heavy lifting, vigorous exercise or straining for 24 hours (it takes approximately 24 hours for neuromodulators to bind to the nerve and you do not want to increase circulation during that time). Migration of the medication is possible if pressure is applied, this includes laying down, facial massage, massage with face down position, tight hats or headbands, vigorous cleansing, and strenuous exercise.
- Avoid saunas and steam baths for one (2) days post treatment.
- Starting at eight (8) hours post treatment, we recommend using a sunscreen of SPF 30 or higher.
- Do not rub, touch, or manipulate the injection site for 24 hours.
- Avoid irritating products for 24 hours following Botox®, Dysport®, Xeomin®.
- Do NOT apply makeup, use makeup sponges, or touch the area treated for eight (8) hours as to not introduce bacteria to the injection site.
- Bruising in the area injected is normal and often expected, especially if treated around the eyes. Bruising can last up to several weeks. Using/taking Arnica and/or Bromalin may help diminish bruising.
- It may take up to 14 days for Botox®, Dysport®, Xeomin® to take full effect.
- A follow-up visit may be necessary if you are a first-time user of neuromodulators. If full correction is not achieved, you will need to purchase additional Botox®, Dysport®, Xeomin® for injection.
- Re-treatment is typically needed between 3-6 months.
- Regular injections usually yield a longer lasting Botox®, Dysport®, and/or Xeomin® result.
- If your lips were treated you may not be able to drink through a straw, whistle, or enunciate some words for approximately 2 weeks.
- Although rare, infection in the injected area is possible. Signs of infection may include redness and tenderness in the infected area and fever. Should you develop an infection, antibiotics may be necessary. Please contact us should you have any concerns.

### **Side Effects**

Most side effects of injection of Botox®, Dysport®, Xeomin® are temporary and include; redness, bruising, swelling/edema, stinging, itching, tenderness, pain, or pressure lasting for more than one (1) week, nodules at the injection site, discoloration of the injection site, poor effect or week feeling, allergic reactions, and cold sores.

### **Retreat**

The effects of Botox®, Dysport®, and Xeomin® are temporary and FDA approved to last ninety (90) days. Some patients see results lasting for four (4) to six (6) months. Botox® can build up antibodies over time. In such case, we recommend a pure product such as Xeomin® or Dysport®.

**It is the responsibility of each guest to fully review the Pre-Care and Post Care guidelines. If a scheduled service requires modification/cancellation because you do not meet the aforementioned criteria, you are responsible for notifying the medical spa no less than 24 hours in advance to avoid a late cancellation fee of \$75.00. If you are unable to contact an Ageless Aesthetics MediSpa representative within normal business hours, please leave a detailed voicemail. The voicemail system date-stamps/timestamps all voicemails with Mountain Standard Time (MST) zone times. Cancellations and modifications must be made within the MST zone to avoid no-show/late cancellation fees. If you have ANY questions or concerns, please call our office during business hours at 505.473.SKIN (7546).**