

# Studio G Aesthetics

## PRE AND POST TREATMENT INSTRUCTIONS FOR NEUROMODULATORS

### BOTOX™ | XEOMIN™ | JEUVEAU™

In order to minimize the risk of side effects and complications of injections please follow these simple steps:

#### PRE-TREATMENT INSTRUCTIONS

- Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising).
- Avoid anti-inflammatory/blood thinning medications, if possible for a period of 7-10 days before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Acetaminophen (Tylenol) will NOT increase risk of bruising and is fine to take before and after the procedure.
- Schedule your Botox®/Jeuveau®/Xeomin® appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. Results from the neuromodulator injections will take approximately 4 to 7 days to appear. Also bruising and swelling may be apparent in that time period.
- Discontinue Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha-Hydroxy Acid, or other "anti-aging" products 2 days before and 2 days after treatment.
- Taking oral Arnica Montana will help decrease bruising and swelling, starting at least 2 days prior to injections.
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish in or near the treatment area.
- If you have a history of cold sores please let us know, you may need an anti-viral medication prior to treatment.
- Be sure to have a good breakfast or lunch, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
- You are **NOT** a candidate if you are pregnant or breast feeding, or if you are allergic to any of the ingredients, or if you suffer from any neurological disorders. Please inform us if you have any questions about this prior to treatment.

#### DAY OF TREATMENT

- Avoid wearing makeup if possible. You may bring your own makeup to apply after your treatment.
- You may experience a mild amount of tenderness, crunching or a slight stinging sensation with injections. The tenderness at the treatment site(s) may last for a few hours and rarely up to a few days.
- Any tiny bumps or marks at injection sites will go away within a few hours after your treatment.
- You may gently apply an icepack or take Acetaminophen/Tylenol if you experience any discomfort.
- Do NOT lie down for 4 hours after your treatment. Do NOT "rest your head".

If you have any further questions, concerns, or experience any issues, please contact us.

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#### DAY OF TREATMENT (cont)

- Some experts believe that exercising your treated muscles periodically for the first hour after treatment, (frowning, raising your eyebrows or squinting) will help work the Botox®/Jeuveau®/Xeomin® into the muscle where it was injected.
- AVOID saunas, steam rooms, hot tubs or tanning beds for 8-12 hours. This will prevent sweating or your blood pressure from rising and thus minimize the risk of bruising or spread after treatment.
- AVOID activities involving straining, heavy lifting, vigorous exercise, or sweating for 8-12 hours after treatment. This will keep the neuromodulator in the injected area and not let it migrate elsewhere.
- AVOID touching or rubbing the skin, massaging or manipulating the treated area for 24 hours. When cleansing your face or applying makeup, be very gentle. You do not want the Botox®/Jeuveau®/Xeomin® to spread to other unintended muscles.

#### POST-TREATMENT INSTRUCTIONS

- Do NOT receive facial/ laser treatments or microdermabrasion after Botox®/jeuveau®/Xeomin® injections for at least 10 days. It is acceptable to have injections performed AFTER these procedures. Ask if you are not sure about the timing of certain services.
- Please be aware that some, though very few, patients experience a mild, temporary headache. You may take Tylenol to help with this for pain relief.
- There is a small risk of bruising. This is temporary and can easily be covered up with green or yellow concealers and makeup. Some bruising may last up to 1-2 weeks. Topical vitamin K and/or arnica montana can help minimize and shorten the bruising duration.
- If your upper lip was treated you may not be able to fully drink through a straw, whistle, or enunciate some words for approximately 2 weeks.
- Neuromodulator effects typically will last approximately 2-3 months at first. However, if you maintain your treatment appointments with the frequency recommended (every 3-4 months), the duration of each treatment result may last longer than four months.
- You will not see an immediate improvement in the treatment areas. Although some patients may experience effects in 48-72 hours, it is typically 4 to 7 days for results to be seen, and 10-14 days to reach maximal effect. If the desired result is not seen after 2 weeks you may need additional units.
- A follow-up visit at 10 days to 2 weeks is suggested to assess results for subsequent treatments or touch-ups, particularly if you are a first time client. If full correction is not achieved, you want more, or a touch-up, you will need to purchase more units for injection. Do NOT make an appointment for touch-up any earlier than 2 weeks.

If you have any further questions, concerns, or experience any issues, please contact us.