



Botox® , Dysport® , Jeuveau ® and Xeomin®

Botox® , Dysport® , Jeuveau® , and Xeomin® treatments involves the injection of highly diluted, individualized doses of a neuromodulator into (or in close proximity to) overactive facial muscles or sweat glands, which are responsible for wrinkles or excessive sweating respectively. **Botox® , Dysport® , Jeuveau® , and Xeomin®** relaxes muscle(s) and/or sweat glands by diminishing their ability to contract. The procedure must be performed by an appropriately licensed and trained physician or mid-level provider pursuant to physician supervision and according to prevailing state law.

BEFORE TREATMENT

- For one week before treatment, it is recommended but not necessary to avoid the following medications: Aspirin, Advil, Motrin, Ibuprofen, Aleve, Naproxen, Excedrin (all OTC pain pills except Tylenol), Vitamin E, Vitamin A (Tretinoin, Retin-A, Renova, Differin, Tazorac), Gingko Biloba, Omega-3 fatty acids, cod liver oil, CoQ10, garlic and ginger.
- If you are taking any blood-thinning medications such as Aspirin, Coumadin, Warfarin, Plavix, etc. for cardiac or neurologically related issues, please check with the prescribing physician prior to stopping these medications.
- Do not take ANY muscle relaxing medications (example: Soma or Flexeril) at least one month before treatment.
- If you have any questions about any medications you are taking, please ask your provider prior to the procedure.
- Avoid sun exposure to the area to be treated one week before treatment.
- Please arrive for your appointment wearing no makeup.

AFTER TREATMENT

- Remain upright for 4 hours following treatment. Avoid lying down or bending over. Avoid vigorous exercise for 24 hours.
- Keep the treated areas clean. Light powder make-up coverage is acceptable if necessary.
- You may apply ice for 5 minutes every 1/2 hour to diminish any pain or swelling. Bruising may occur, but will eventually resolve on its own, typically within one to two weeks.
- If post-injection bruising is noticed, consider using the OTC homeopathic natural remedy
- Arnica, which has been shown to rapidly relieve and even prevent bruising. *Arnica* is available at most health food stores and is safe (free of reported side-effects) in gel or chewable tablet form.
- As always, wear at least SPF 30 sun block when appropriate and avoid exposure to intense, direct sunlight and extreme heat for at least 2 to 3 days.
- Do not touch, rub, or massage the areas treated for 24 hours.
- Do not take aspirin containing products (see above) for the next 24 hours unless medically necessary. These agents may increase bruising/bleeding at the injection site. Again, Tylenol may be taken for any discomfort at the injection site or any post-procedure headache.
- Discontinue Tretinoin, Retin A, Renova, Differin, or Tazorac for at least 3-5 days after treatment.
- Avoid alcohol intake beyond a single drink, glass of wine, or beer for approximately 24 hours after treatment.
- As always, tobacco and illicit drugs are discouraged.
- The onset of muscle relaxation varies, but usually begins in 3 to 5 days with a complete result that may take up to 14 days after the treatment.
- ***NOTE*: Results may vary. Everyone is different and we tailor your treatment to your specific needs depending on how large and how strong your muscles are. If there is partial improvement of a treated site, and re-treatment is desired, a touch-up treatment may be performed no sooner than 2 weeks after the primary treatment. However, it is important to note that due to our method of charging for only what you use, there will be a charge for any subsequent touch-up's.**
- Please contact the office immediately should there be any unusual side effects or questions regarding your treatment. 561-750-0544