



# MERIDIAN AESTHETICS AND WELLNESS

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## NEUROMODULATORS PRE AND POST-TREATMENT CARE (Botox, Jeuveau, Xeomin, Dysport)

### PRE-TREATMENT CARE:

- **Do not consume alcohol for 24 hours before** undergoing neuromodulator injections. Alcohol can thin the blood and increase the possibility of bruising and bleeding.
- If possible, **avoid anti-inflammatory medications** (for example, ibuprofen, advil, motrin, aleve, naproxen, and aspirin) **for 24 hours before** injections, unless advised by your primary care provider or other medical specialist to continue. If you are on chronic blood thinners or anti-inflammatories, please notify us before your injections.
- **Avoid hair removal** in the area that will receive neuromodulator injections (whether with wax, laser, cream or shaving) the days before your treatment. Men may need to thin out their beards before injections, do this a few days before treatment.
- **Avoid 'anti-aging' products** that contain substances such as retinol, glycolic acid, and alpha hydroxy acid **for 1 -2 weeks** before your injections. These may cause the skin to be irritated before injections.
- If you can, come to the appointment **without make-up on**. (We do have make-up remover wipes in office if needed.)
- On the day of the procedure, make sure that you **eat well and drink plenty of fluids**, since some may feel lightheaded during the treatment.

### WHAT TO EXPECT AFTERWARDS:

Bruising varies between patients. Usually minimal bruising occurs and resolves within 2-3 days. On occasion, bruising may be more significant and last up to 7-10 days.

It is normal to see a small "lump" in the areas injected. This is standard technique and ensures proper injection placement. This will usually resolve within 30 min to a few hours.

It is normal to feel "firmness" in the injection area (s) for the first few days after treatment. Over time, the area will soften, leaving you with a natural looking result.

The most common side effect of Neuromodulator injections is headache. You may use Tylenol to relieve this if ok with your medical provider. If you are a chronic headache sufferer and have prescription headache medication, you may take it as prescribed by your doctor.

***It can take approximately 3 to 14 days for results to be seen.***



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### POST-TREATMENT CARE:

- Do **NOT rub or massage** the treated area **for at least 24 hours** following treatment. Gently washing your face is fine as long as you are not putting pressure on the injected areas, which could move the neuromodulators into other muscles.
- Do **NOT use a Clairsonic or other facial brushes for 24 hours** after injections.
- Do **NOT get a facial, chemical peel, laser, or microdermabrasion for at least 14 days** after Neuromodulator injections.
- Do **NOT lie down for 4 hours** after your injection. This includes face down or on your back. This will prevent the Neuromodulator from tracking into the orbit of your eye and causing drooping eyelid. Sitting in a semi-reclined position is ok.
- Do **NOT put your face in a massage cradle or be face down in a chiropractor's chair for 24 hours**, as this pressure can move the neuromodulator injection to undesired locations in your face.
- Do **NOT perform strenuous activities** which elevate your heartrate, including heavy lifting or vigorous exercise, **for 24 hours** after treatment. Low impact exercise, such as walking, are fine.
- **Stay out of the sun** until any redness or swelling has gone down.
- Do **NOT wear a headband or hat** where the band goes across your forehead, if you have had injections between the brows or in the forehead
- A **cold pack or gel** can help you to reduce swelling and minimize bruising, but it's important to **avoid pressure**, even after a couple of days.

**REMEMBER:** *It is common for the results of the treatment to take up to around 2 weeks to take full effect, so wait until this time has passed before assessing whether or not you're happy with the results! Often we will schedule you for a 2 week follow up to inject any areas that need "touching up."*

**PLEASE CALL US IF YOU HAVE ANY QUESTIONS AT (410) 398-3041. WE ARE HERE EVERY STEP OF THE WAY ON YOUR JOURNEY TO A REFRESHED YOU!**

*I have reviewed the Pre and Post Treatment Instructions for Neuromodulator injections and had my questions answered fully and to my satisfaction.*

Patient Print Name: \_\_\_\_\_

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_