



### **Post-Treatment Instructions / Xeomin**

You have received a neuromodulator treatment. Most patients start seeing benefits as early as 3 days and up to 14 days after treatment. The results last between 3-4 months depending on the area treated and the amount of product used.

Please follow the instructions below after your neuromodulator (Xeomin) treatment.

- Do not massage or manipulate injected areas for 24 hours after injections. Washing your face gently and applying make-up is fine.
- Avoid using a Clarisonic facial cleanser, having a facial, placing your face in a massage cradle, or lying face down in a chiropractor's chair for 24 hours following injection. If you are uncertain about the time frame between these activities and your treatment, please ask provider.
- Do not rest your head or lie down for 4 hours following treatment. This will ensure the product will not spread into the orbit of your eye, which could cause a drooping eyelid in rare instances.
- If you had injections in the upper face, do not wear a headband or hat if the band extends across your forehead.
- If bruising appears, gently apply a cool compress to the area. Arnica montana (gel or tablets) can speed up resolution.
- The most common side effects of Botulinum Toxin A injections is a headache, which may be treated with Tylenol. If you are a chronic headache sufferer and have a prescription headache medication, you may need to take it as prescribed by your doctor.
- Do not perform activities involving straining, heavy lifting, or vigorous exercise for the remainder of the day after treatment. This will prevent the Xeomin from migrating outside of the injected area.

A supplemental "refinement" treatment may be required to achieve and maintain optimal results. Fees are based on product used, therefore you will be charged for products used during any refinement or subsequent appointments. If you have questions or concerns please do not hesitate to contact us.



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