



STEVENS POINT MEDICAL AESTHETICS

XEOMIN Injections

XEOMIN and other neuromodulators relax fine lines and wrinkles, an injection treatment designed to reduce facial expression lines.

XEOMIN is a smart toxin that is filtered not once, but twice, leaving only what's needed to deliver natural-looking results, treatment after treatment. Pure for a reason and the reason is you!

When **neuromodulators** are used to treat wrinkles, tiny amounts of the toxin are injected into the facial muscles responsible for movement associated with lines and wrinkles. These injections weaken the muscle, thus reducing the associated lines and wrinkles. While everyone is different, the effects are known to last 3-4 months, but vary per individual and treatment.

Neuromodulators do not work immediately. It can take 10-14 days to see changes, with best results at two weeks. Refinement with additional neurotoxin injections can take place at two weeks if needed, additional fees will be associated.

- **Pre-Treatment Instructions:**
- Avoid medications that inhibit blood -clotting such as vitamin E, aspirin, or non-steroidal anti-inflammatory drugs for seven days prior to treatment.
- Schedule your XEOMIN treatment at least 4 weeks prior to a special event, such as a wedding or a vacation to allow for best results, for any potential bruising/swelling to subside and refinement where necessary.
- Zinc for higher Xeomin efficiency. In 2012 studies showed that botulinum toxin, i.e. Xeomin duration increased by 30% in patients who took 50 mg of zinc daily. Taking zinc four days before Xeomin therapy could increase the duration of your injections. However, we recommend patients consult your doctor first.
- As you prepare for your treatment please notify SPMA staff of any changes in your medical history, health status, and personal activities that may be relevant to your treatment.
- Reschedule your appointment at least 24 hours in advance if you do not feel well.
- Avoid drinking alcohol 48 hours prior to injections and the day of your injections.

Day of Treatment Instructions:

- Arrive at your appointment with a "clean face", please do not wear makeup - please note makeup is not permitted immediately after treatment.
- The procedure includes multiple fine needle injections and mild discomfort.
- Redness and swelling similar to a mosquito bite is normal for 5-15 minutes after treatment. Some mild bruising may occur.
- Avoid vigorous exercise for 24 hours following injections.
- Avoid facials, chemical peels, sun tanning or sunbeds, laser treatments for at least 7 days.
- Avoid facial massage or activities that may cause movement of XEOMIN for 24 hours after injections.

- No tight fitting hats the remainder of the day after injections.
- **Read through and follow SPMA post injection instructions.**