



Neuromodulator Treatment Instructions (Botox, Dysport, Xeomin)

Please remember that aftercare **is under your control** and what you do has a direct effect on the success of your treatment. For optimal results, and to minimize the chances of adverse effects, please adhere to the following instructions and recommendations:

After Your Treatment:

- Immediately following your injection, you may notice small nodules in the treated area. Please do not massage these in - they will resolve on their own within a few minutes.
- Do NOT lie down for 4 hours after your neuromodulator treatment. This will prevent the neuromodulator from tracking into the orbit of your eye and causing drooping eyelids.
- After your injections you may note dry, itchy skin. This is only because of the pre-injection cleaning of the skin with alcohol. You may use a moisturizer of your choosing to relieve this.
- You **MUST** remain upright and avoid manipulation of treated area(s) for at least 4 hours after your injections.
- Be gentle when applying make-up and washing your face in the first 24 hours.
- Avoid vigorous scrubs, exfoliation or facials in the area of treatment for 72 hours.
- NO straining, heavy lifting, vigorous exercise is advised for 12 hours after the treatment. This will keep the product from moving outside of the injected area.
- Avoid high, direct heat for 24 hours after treatment.
- Mild headaches are common after injections. They are unrelated to the neuromodulator injected and are actually due to needle punctures of the skin. These headaches usually resolve within 36 hours and you may take an over-the counter pain medication but please avoid Aspirin & Advil.
- You may take **Tylenol** for discomfort.
- **Small bruises occasionally occur.** Feel free to cover these with makeup or cover up. They'll resolve in just a few days. To minimize your chances of bruising, avoid caffeine, hot drinks, alcohol, and blood thinning products (such as ibuprofen, aspirin, vitamin E, fish oils, krill oil, glucosamine) for 24 hours following treatment.
- While each muscle area slowly responds to the neuromodulator treatment, you may notice some apparent asymmetry or unevenness in movement (such as ability to raise one eyebrow higher than the other or more wrinkles on one side of forehead than the other). This should even out over a 7-14 day period. Occasionally this unevenness persists past 14 days where the muscle in an area treated is stronger than expected. If this occurs, contact the clinic for an appointment as further treatment may be required to relax those muscles and give an even effect in the area treated.
- **RESULTS:** It can take approximately 7-14 days for results to be seen (these times will vary from person to person and treatment to treatment, being dependent upon several metabolic factors).

Before Your Neuromodulator Treatment:

- The results of neuromodulator injection generally last approximately 3-5 months. That said, if it is your first-time getting injections, if it has been a long time since you were last injected, or if you have strong muscular anatomy the effect may not last as long.
- Conversely, if you are consistent with your neuromodulator injections and/or have smaller facial musculature you may be able to go longer in between injections.
- Neuromodulators work best when you don't let it wear off completely. Please consider scheduling an appointment for your next injection in approximately three months to avoid the return of full muscle movement.
- Neuromodulators are not used in pregnant or breastfeeding patients. It is your responsibility to inform our staff of your health status including any medication and cancel/reschedule your appointment should you be pregnant or breastfeeding.
- Please remember that our obligation is to your aesthetic needs and if you have a social or occupational commitment that precludes a safe appointment and the appropriate recovery time then simply use a "common sense caution" and kindly reschedule!
- It is recommended to discontinue the use of Aspirin, Motrin, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week before and after treatment to minimize bruising or bleeding. Please consult with your primary care provider prior to discontinuing any medications.
- Alcohol may thin the blood increasing risk of bruising, so we recommend no alcoholic beverages for 24 hours before treatment.
- It is a good idea to have something to eat before coming in to decrease chances of lightheadedness during your treatment, and best to avoid caffeine for more comfort.
- Please kindly arrive at your appointment with a cleanly washed face without make-up.

Communication:

The most important person at Look Lab is you, the patient! We are 100% committed to giving you the perfect experience! Please let us know how we're doing by emailing us at info@LookLab.com or leave us a review on any social media platform (Google, Yelp, FaceBook).

Please notify our clinical staff at **833.999.5665(LOOK)** immediately with any medical questions you may have and always feel free to make an in-person appointment for an evaluation if you have a concern. In case of an emergency please visit the emergency room.

Anything you forgot to ask? Send us a direct message on Instagram **@LookLabMedSpas**