

Body+Beauty Lab®

NEUROMODULATORS BOTOX®/DYSPORT®/XEOMIN®

PRE-TREATMENT CARE: 7 DAYS PRIOR

1. To avoid bruising it is best not to take any anti-inflammatory medication or pain relievers that are blood thinners such as Aspirin, Tylenol, Advil or Motrin.
2. Avoid the following vitamins and supplements - Vitamin E, Fish Oil, Omega 3 Fatty Acids, Ginkgo Biloba, Garlic, Ginger, Cayenne, Licorice, Flax Seed Oil, and COQ10.
3. Avoid drinking alcohol a few days before treatment since it is a blood thinner.
4. Sunburned skin is difficult to treat so avoid exposure to the sun before your appointment.
5. Avoid waxing, bleaching, tweezing, facial scrubs or the use of hair removal cream on the area to be treated.
6. Avoid the use of Alpha Hydroxy Acids higher than 10%, Retinol and Retin-A®.
7. If you have a tendency to bruise easily, start taking Arnica Montana, an oral homeopathic medication 3-4 days before treatment to help promote healing, minimize bruising and swelling. This also comes in a topical cream which may be helpful after the treatment.
8. If you have a history of cold sores (Perioral Herpes) our medical director will prescribe a medication for you to start the day before treatment.
9. Always inform Medical Injector and Body+Beauty Lab of all medications including antibiotics, high blood pressure medication, Coumadin, Plavix or other blood thinners as well as your medical history.

OTHER IMPORTANT INFORMATION

- Do not use Botox®/Dysport®/Xeomin® if you are pregnant/breastfeeding.
- Do not use Botox®/Dysport®/Xeomin® if you are allergic to eggs or any of its ingredients or if you suffer from any neurological disorders.
- Active skin infections are a contraindication to treatment.
- It is not recommended to have Botox®/Dysport®/Xeomin® treatments less than 90 days apart.
- Stay well hydrated before and after filler treatment.
- The most common side effect is bruising and swelling. It is NOT advisable to have injections less than 2 weeks before a big event.
- Schedule a follow up appointment 2 weeks after treatment.

POST-TREATMENT CARE: TODAY

- Stay erect, do not lie down for at least 4 hours.
- You may experience occasional tingling sensations.
- Apply topical Arnica cream to any areas with redness, bruising and swelling.
- DO NOT massage, rub or apply pressure to the treated area for 6 hours after treatment.

- Avoid aspirin, ibuprofen and drinking alcohol for a few days following treatment.
- Do not exercise for 24 hours.
- Avoid exposure to the sun, and cold outdoor activities until redness from treatment disappears.
- Do not restart Retinol or Retin-A® for 2 days.

The following is list of commonly asked questions to help guide you as to what to expect following your recent treatment with Botox®/Dysport®/Xeomin®

1. When can I expect to see results?
 - Most clients begin to notice the benefits of Botox®/Dysport®/Xeomin® from 3 to 5 days following your treatment. You will not necessarily feel anything different, but you will gradually notice a decrease in the wrinkles along the treated areas. For some clients, it may take up to 2 weeks to see optimal results.
2. How long will the results last?
 - Botox®/Dysport®/Xeomin® is not permanent. After about 3 to 4 months, you will begin to see your wrinkles returning. In some cases, the results can last up to 6 months, and in other cases, the client may notice some wrinkles returning after only 2 months following treatment.
 - It has been found that the results and effectiveness of Botox®/Dysport®/Xeomin® last longer with successive new treatments.
3. Is there anything I should avoid following my treatment with Botox®/Dysport®/Xeomin®?
 - Try to avoid manipulating the treatment area immediately following your appointment.
4. What if I bruise?
 - Bruising is rare but is a possibility. Some over the counter medications and natural alternative supplements may increase the likelihood of developing a bruise.
 - If you do happen to develop bruising, the bruise should resolve over the next 7 to 10 days.
5. What if I get a headache?
 - This is uncommon. Botox®/Dysport®/Xeomin® is, in fact, a treatment option for patients with tension headaches.
 - If you happen to incur a headache following treatment, your usual treatments (over the counter medications, cool compresses, and dimmed lights) should suffice.
 - We recommend that you avoid aspirin/anti-inflammatory medications immediately following your treatment.
6. Is it okay to apply makeup to the treated area?
 - We recommend you waiting 6-12 hours after treatment to apply makeup to the treated area.
 - If makeup is necessary immediately following your treatment, cleanse the area with a gentle facial cleanser prior to application. Mineral makeup designed for sensitive skin is recommended immediately following treatment with Botox®/Dysport®/Xeomin®.
 - Please consult with one of our medical estheticians to further discuss our recommended post treatment skin care regimen.

Please call Body+Beauty Lab immediately to report any fever, chills, pain, redness, blisters, itching or skin blanching.