



MODERN DERMATOLOGY
WESTPORT, CT

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NEUROMODULATORS PRE & POST CARE INSTRUCTIONS

(Botox, Dysport, Xeomin, Jeuveau)

PRE-TREATMENT INSTRUCTIONS

- Do NOT consume alcoholic beverages at least 24 hours prior to treatment to decrease the risk of bruising.
- Avoid anti-inflammatory/blood thinning medications, if possible for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Schedule your appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. Full results from toxin injections will take 14 days. Also bruising and swelling may be apparent in that time period.
- Be sure to have a good meal including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
- You are not a candidate if you are pregnant or breastfeeding.

POST-TREATMENT INSTRUCTIONS

- Do NOT manipulate the treated area for 4 hours following treatment. Do NOT receive facials or microdermabrasion for 2 days after treatment unless specified by physician.
- Do NOT lie flat for 4 hours after your treatment to prevent toxin from tracking to undesired muscles.
- It can take 14 days for full results to be seen. If the desired result is not seen after 2 weeks of your treatment you may need additional injections.
- Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 6 hours after treatment. This will keep the toxin in the injected area and not elsewhere.

If you have any questions or concerns, please call the office at 203-635-0770.