



## Neuromodulator “Tox” - Botox®, Dysport®, Xeomin®

### Pre-Treatment Care

- 1 week prior:
  - Avoid blood-thinning medications and supplements unless prescribed (Aspirin, ibuprofen, naproxen, fish oil, vitamin E, ginkgo biloba, St. John’s Wort).
  - Limit alcohol consumption.
  - Reschedule if you are pregnant, breastfeeding, or have an active skin infection at the injection site.
- Arrive with clean skin (no makeup, sunscreen, or lotion).
- Inform your provider of any recent vaccinations, antibiotics, or neuromodulator treatments within the past 3 months.

### Post-Treatment Care

- **First 4–6 hours:**
  - Stay upright (do not lie down flat).
  - Avoid touching, rubbing, or applying pressure to the treated areas.
  - Perform gentle facial expressions (smiling, frowning, raising brows) to help product absorption.
- **24 - 48 hours:**
  - Avoid strenuous exercise, alcohol, and exposure to extreme heat (saunas, hot tubs, tanning).
  - Do not massage or apply skincare products/makeup directly over the treated area.
  - Minor swelling, redness, or bruising may occur and should resolve.
- Effects typically begin within 3–5 days, with full results visible at 10–14 days.
- Schedule a follow-up visit if a touch-up is needed.
- If you experience severe headache, vision changes, drooping eyelids, difficulty swallowing, breathing issues, or signs of allergic reaction.
- Severe or increasing pain, discoloration (especially blotchy, pale, or dusky skin), unusual swelling, or signs of infection (redness, warmth, pus). Notify your provider immediately at 604.687.2122