



# Patient Education:

## Neuromodulators

A neuromodulator is a substance that influences the activity of nerve cells (neurons) and their communication with other cells. Botox, Dysport, and Xeomin are neuromodulators. These injectable substances temporarily reduce muscle activity, leading to a smoother appearance of skin and reduced wrinkles. They work by blocking nerve signals to specific muscles, preventing them from contracting.

### Before your appointment

You are not eligible for this treatment if you are pregnant or are breastfeeding, or have compromised skin quality in the area receiving the treatment. Additionally, people with conditions like myasthenia gravis, Lambert-Eaton syndrome, or other neuromuscular junction disorders may experience adverse effects. Avoid anti-inflammatory, blood-thinning medications, such as aspirin, ibuprofen, omega-3s, St. John's Wort, Vitamin E, Gingko Biloba, etc., two weeks before treatment. Avoid alcoholic beverages for 24 hours before your appointment. Alcohol can increase bruising. Please notify our staff of any changes in your medical history or health status prior to your appointment.

### The day of your appointment

Please make sure the area you want to be treated is clean and free of any skin products. Immediately following treatment, there will likely be redness and swelling. Avoid rubbing or putting pressure on the treated area for 12 hours after injection. Stay upright and don't lie down for at least 4 hours after your appointment.

### After your appointment

DO NOT touch, press, rub, massage, or manipulate the treatment area. Visible bumps may be seen at the injection site. These are normal and may last up to a few hours.



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Botox/Dysport will start to work in 2-7 days and peak in about 2 weeks. Please note, if additional product is needed, it will not be injected until 14 days after your initial injection.

You may apply (over the counter) arnica gel to the treatment area to help decrease the bruising, swelling, and discomfort after the first 4 hours.

Do not lie down for 4 hours post injection.

Avoid strenuous exercise for 24-48 hours following your injection.

You may cleanse your face normally this evening but please do not massage the injected area. If you routinely use a Clarisonic brush, do not use tonight. Also, do not use any abrasive scrub or exfoliants.

If your forehead was treated, do not wear a hat or headband for 48 hours.

Bruising may be seen. This is normal and will not affect your treatment results.

Cosmetics, moisturizers, lotions may be used the next day, but do not apply with pressure.

Exercising the muscles in the treated area may help the product absorb into the muscle, but has no effect on the overall efficacy of the treatment. (You can "make faces" up to 10 times per hour for the first few hours after treatment).

Headaches may be a possible side effect. Ibuprofen (Advil, Motrin) or acetaminophen (Tylenol) may be used as needed and according to dosing recommendations on the package.

Sensitive or blurry vision is possible for 2-3 days post treatment. Wear sunglasses and moisturize eyes with moisturizing eye drops.

Flu-like symptoms are rare, but may last 2-3 days. Fluids, rest and acetaminophen or ibuprofen may be used. Any symptoms or problems other than those listed above should be reported to Cheeky Medspa and/or your doctor.