

Botox/Xeomin/Dysport (Neuromodulator) Post Treatment Instructions

- **DO NOT** rub or massage the treated areas for 24 hours after your treatment.
- **DO NOT** partake in strenuous exercise, hot yoga, or saunas for 4 hours after treatment. This will minimize the risk of raising your blood pressure and therefore minimize the risk of temporary bruising. Feel free to shower and go about most other regular daily activities.
- **DO NOT** lie down or bend over for 4 hours after treatment. This is to avoid the risk of pressure on the treated areas and to avoid the risk of having the area rubbed accidentally.
- Be assured that any tiny bumps or marks will go away within a few hours after your treatment. If you need to apply make-up or wash the injection area within 4 hours after your treatment, only use a GENTLE touch to avoid aggressive rubbing or scrubbing the treated area.
- Note that if any bruising develops, it will resolve like a typical bruise in about a week. If the bruise is bothersome, we may be able to assist with a laser procedure. Call Maura to discuss at 647-351-9277. This is a complimentary service.
- Results of your treatment can take up to 14 days to begin taking effect. Please wait until 14 days has passed before assessing your treatment results.
- We strive to fully satisfy our patients. Please report any worsening, persistent symptoms or side effects to your dermatologist at 647-351-9277.

Dr. _____ will need to see you for a 2-3 week follow-up assessment appointment.

YES ___ NO ___

This will ensure your doctor is able to see how you have responded to your treatment. If you require more product to fine tune/adjust your treatment results, it will be applied during this appointment at

an additional cost. Alternatively, additional products may be recommended or required. For medical reasons, your results will be photographed and documented in your confidential patient file.

Please see reception to schedule a follow-up.

Your 2 week assessment booked for: _____

- This is a temporary procedure and at first, you may find that your treatment results will last approximately 3 or 4 months. If you maintain your treatment appointments with the frequency recommended by our clinic, the duration of each treatment may last longer.

We will need to see you in _____ months.

Please book this appointment before you leave the clinic today.

Your next appointment is scheduled for: _____

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side effects to your dermatologist at **647-351-9277**.