



## **Pre and Post Treatment Instructions for Neuromodulators- (Dysport®)**

A few instructions prior to your appointment.

### ***Pre-treatment Instructions***

- 7 DAYS BEFORE treatment: AVOID blood thinning over-the-counter medications such as *Aspirin*, *Motrin*, *Ibuprofen*, and *Aleve*. Also avoid herbal supplements, such as *Garlic*, *Vitamin E*, *Ginkgo Biloba*, *St. John's Wort*, and *Omega-3* capsules.
- 3 DAYS BEFORE treatment: AVOID topical products such as Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, or other “anti-aging” products. Also AVOID waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- AVOID alcohol 3 days before your treatment.
- Do not use **Dysport®**, if you are pregnant or breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders.

Please inform your provider if you have any questions about this prior to the treatment.

### ***Day of Treatment***

- Arrive to the office with a “clean face”. Please **do not wear makeup**.
- You may experience a mild amount of tenderness or a stinging sensation following injection.

- Redness and swelling are normal. Some bruising may also be visible.
- You may experience some tenderness at the treatment site(s) that can last for a few hours or a few days. You may have bruises in the areas treated.

### ***Immediately After Treatment***

- It is best to try to exercise your treated muscles for 1-2 hours after treatment (e.g. practice frowning, raising your eyebrows, and squinting). **This helps to work Dysport® into your muscles.**
- **Stay in a vertical position for four hours following injection. DO NOT lie down.**
- **AVOID placing excessive pressure on the treated area(s) for the first four hours.**

### ***Follow-up***

- Your treatment plan is tailored specifically for you; it may be recommended to have your treatment over two appointments, to achieve optimal and natural looking results.
- If this is your first treatment, we would like to see you for a quick follow up in two weeks.

Please contact us if you have any questions or concerns 905-462-8462