



## **Neuromodular Treatment**

### **PRE- & POST-TREATMENT INSTRUCTIONS**

#### **PRE-TREATMENT INSTRUCTIONS**

- Do not to take any aspirin or anti-inflammatory medications for five to seven days prior to or after my neuromodulator injection appointment.
- Neuromodulators should not be administered to woman who is pregnant or nursing.

Risk and contraindications include but are not limited to the following:

- **Bleeding:** Bleeding is possible, though unusual.
- **Bruising:** Following this procedure, it is not uncommon for bruising to occur at the injection site.
- **Damage to deeper structures:** This treatment can cause damage to structures such as nerves and blood vessels.
- **Allergic reactions:** Allergic reactions may require additional treatment.
- **Infections:** Infections can occur, which in most cases are easily treatable.
- **Bumps:** Most people have lightly swollen pinkish bumps at the injection site for a couple of hours or even several days.
- **Headaches:** A small percentage of patients develop headaches for the first day following treatment with neuromodulators.
- **Local numbness, rash, pain at the injection site, flu-like symptoms with mild fever, and back pain.**
- **Respiratory problems, such as bronchitis or sinusitis, nausea, dizziness, and tightness or irritation of the skin.**
- **Weakness:** While local weakness of the injected muscles is representative of the expected pharmacological action of botulinum toxin A, weakness of adjacent muscles may occur because of the spread of the toxin.
- **Drooping of the eyelids (ptosis):** Injecting neuromodulator around the eyes may result in corneal exposure. because people may not be able to blink the eyelids as often as they should to protect the eye. This inability to protect the eye has been associated with damage to the eye as impaired vision, or double vision, which is usually temporary. This reduced blinking has been associated with corneal ulcerations. There are medications that can help lift the eyelid; however, if the drooping is too great, eye drops are not particularly effective. These side effects can last for several weeks or longer. This occurs in two to five percent of patients.



## POST-TREATMENT INSTRUCTIONS

The guidelines to follow post treatment have been followed for years and are still employed today to prevent the possible side effect of ptosis (drooping of the eyelids or eyebrow), and migration of the neurotoxin into other muscle groups that were not targeted. These measures should minimize the possibility of ptosis and migration.

- Avoid manipulation of the area for 4-6 hours following treatment. This includes rubbing sunscreen or facial lotion on your face as you can cause migration of the neurotoxin into undesired areas. Do not wear tight fitting sunglasses or hats for 4-6 hours after your treatment.
- The evening after your neurotoxin treatment, you can wash your face normally but if you use an electric face scrubber; use your hands instead. Do not wash your face for at least 6 hours to avoid migration of the neurotoxin.
- Bruising is normal and expected. To help eliminate the bruise you can eat pineapple or apply arnica cream/ salve to the bruise. Please wait at least 6 hours before you apply the arnica yourself.
- Redness at the injection sites post treatment is also normal and should subside within the hour, this can vary depending on your skin sensitivity level.
- Also there can be small lumps at the injection site, these usually subside within 30 minutes, this is the neurotoxin itself.
- Makeup may be applied before leaving the office if desired, however, please have us either assist you or direct you as to how to safely apply as to avoid migration of neurotoxin.
- No straining, heavy lifting, vigorous exercise, excessive heat or saunas/hot tubs for 24 hours following treatments. It is now known that it takes the toxin approximately 2 hours to bind itself to the nerve to start its work, and because we do not want to increase circulation to that area to wash away the neurotoxin from where it was injected before it binds to the muscle.
- No facials, eyelash or eyebrow appointments for at least 24 hours. Avoid retinol for 2 days post treatment.
- It can take 2-14 days to take full effect. It is recommended you have a 2 week follow up appointment if the desired effect was not achieved (no sooner) to give the toxin time to work.
- Call immediately if you have any questions or concerns regarding your treatment. Migration of product can occur no matter how careful you are. There are treatment options to correct the migration. Your safety and satisfaction is our top priority!