



HERITAGE

VEINS & AESTHETICS

transformative patient care

BOTOX/XEOMIN POST PROCEDURE INSTRUCTION

While having BOTOX/XEOMIN is a relatively minor procedure, there are some things to do post-procedure to optimize your results. Please note that redness, bruising and/or a small amount of swelling at the injection site are common after BOTOX/XEOMIN injections and is not an indication of any problem or issue. Also, it will take 7-14 days before you will see the full effect of your injections. It may be 4-5 days before you notice any change at all. This is normal as it takes some time for the neuromodulator to bind to the muscle and moderate its activity. We will see you back in 14 days to view your results and determine if you need any touchup to achieve your desired result. Results will last 12 – 16 weeks. When you start to see expression lines, wrinkles, etc. reappearing it is time to make an appointment for your next treatment.

Adherence to the Post Procedure Care Instructions will help to minimize any possible adverse effects.

1. You can wear minimal makeup after your procedure, however be careful to apply only slight pressure to your face.
2. You should continue your regular skincare routine after BOTOX/XEOMIN, however you should touch your face as minimally as possible for 24 hours after treatment.
3. Use tepid water and a gentle cleaner to wash your face for 72 hours after treatment and gently pat dry.
4. Facials involve rubbing and massaging the face. They should be avoided for two weeks after your procedure.
5. Avoid strenuous physical activity for one day. You may resume your normal workout the following day. You can go about your normal daily activities after your procedure.
6. Avoid heat exposure.
7. Avoid alcohol or painkillers for 24 hours. You should not have significant pain where the injections were done, but you may get a headache after the procedure which is normal for some individuals after having BOTOX/XEOMIN injected in the face, scalp or neck. Alcohol and pain medicines can increase bruising from the procedure. This includes aspirin, Motrin, ibuprofen, Aleve or naproxen. You can take Tylenol if you need something for pain.
8. You can apply Arnica cream (an over the counter homeopathic medication) to any bruises. It will speed healing of any bruising and will not interfere with the BOTOX/XEOMIN.
9. Don't wear anything over the treatment area.
10. Do not lay down for at least 4 hours after your procedure.
11. Avoid sleeping on the areas that were treated for one night.
12. Do not touch or rub the treatment area. You do not want the BOTOX/XEOMIN to move from the area where it was injected. If you move the BOTOX/XEOMIN you risk adverse consequences such as decreased muscle activity in an unintended area.
13. Lasers will break down BOTOX/XEOMIN. Know that if you have IPL, Laser Hair Removal or any other type of laser treatment in the same area as your BOTOX/XEOMIN, the effects of the BOTOX/XEOMIN will be shortened.

Client Signature: _____ Date: _____