

NEUROMODULATOR (BOTOX®) POST-PROCEDURE INSTRUCTIONS

Congratulations! You have just received neuromodulator injection with Botox®. When used correctly, neuromodulators are a very safe and effective method to improve your image. Please read the following information carefully to maximize your results:

- Do not bend over or lie down for at least 4 hours after injection. By staying upright, you maximize your chances of optimal results.
- Avoid vigorous physical exercise for the remainder of the day of treatment, which could increase your risk of bruising or diffusion of the product to undesired areas.
- Do not rub, massage, or apply pressure to the injection sites for a minimum of 4 hours to avoid the risk of spreading the product to undesired areas. If you must apply makeup, face washes or creams, or cool compresses, great care must be taken to do so extremely gently to avoid pressure. Please avoid wearing hats, scarves, or other accessories that could put pressure on the sites for at least 4 hours.
- As an option, for the rest of today, at least 2-3 times per hour, please make facial expressions to exercise the areas of the face where you received injections. This may help the muscles best uptake the product.
- While some outside practitioners recommend applying cool/ice packs to reduce injection site swelling, recent literature reports suggest that this could interfere with Botox uptake and may result in migration of the product. For this reason, we discourage using ice packs after your treatment.
- The effects of neuromodulator injection do not occur immediately. Some response is usually seen within 2-7 days after injection, but the full effects of injection may take up to 10-14 days. Asymmetry or unevenness is not unusual at first, as different muscle groups and sides of the face may react at different times. If after 10-14 days, you are still noticing asymmetry or insufficient muscle relaxation, please call our office for a return appointment, as your treatment dosage may need to be adjusted.
- Neuromodulators are not permanent. Most individuals need to return for treatments within 3-6 months. It is unusual, but not impossible, for the results to wear off in less than 3 months.
- Drooping of the eyelid or eyebrow can occur in a small minority of patients. Please contact us if you experience this, as this can often be partially corrected.
- No topical cream can give the same results as Botox®; however, there are several topical regimens that can enhance your skin's long-term beauty. If you are interested, please ask us how.
- Neuromodulators can be used in many different areas of the face. If you are interested in learning about these additional areas, please feel free to ask us.

We thank you for entrusting us with your care and hope you enjoy the outcome of today's treatment!
Please feel free to call us with any questions or concerns.

Sincerely,

The Legacy Dermatology Team