



### Botox/Dysport/Xeomin Instructions

#### Pre-Treatment Instructions:

- Please refrain from wearing any makeup to your appointment.
- Avoid NSAIDs such as Ibuprofen and Aspirin. As well as fish oil, Vitamin E, and alcohol a few days prior to treatment to minimize bruising and bleeding.
- Bruising is ALWAYS possible with any injections so plan accordingly at least two weeks prior to an event.
- To help reduce the risk of bruising you may take Arnica/Arnicare tablets 5 days prior to your treatment date. This can be purchased at CVS. For use follow directions on the bottle. Topical Arnica gel/cream can be used as well after treatment along with the tablets.

#### Post-Treatment Instructions:

- Remain upright, do not lay down or put your head below your heart for 4 hours after your treatment.
- Do not exercise for 24 hours after your treatment.
- You may continue taking Arnica pills a few days after your treatment.
- Do not wear anything on your head that would cover the injection sites such as hats, headbands, sunglasses.
- Do not massage or manipulate injection sites for 48 hours after your treatment.
- You can exaggerate facial expressions in the injected area for 1 hour after treatment.

#### Results:

- You will start feeling tightness in the injection site 4 to 5 days after treatment. Maximal effects take 10-14 days.
- Follow up appointments can be made NO EARLIER than 14 days post treatment. We can not add more until the first dose has completely kicked in.
- You will be charged for the follow up if you require an additional 5 units or more.

#### Side Effects:

- Pinpoint bleeding
- Bruising
- Redness
- Swelling (appears as a "Bee-Sting")
- Pain/Tenderness at injection site
- Headache
- Tightness

If you think you are having an emergency please call 401-782-2400. After hours or on the weekend please email [info@seamistmedspa.com](mailto:info@seamistmedspa.com) with EMERGENCY DR. SIMPSON in the subject line.