



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.
- Please avoid excessive facial expressions for the remainder of the day 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.
- Please avoid facials and facial massages for the first week after a treatment.
- Remember to wear sunglasses in the sun as your neuromodulator will prevent you from your habits of squinting, frowning, and furrowing.

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

- The key to reducing swelling and bruising is Arnica (bruising medicine), massaging, ice, and fresh pineapple.
- If you experience any significant swelling, bleeding, eye pain, vision loss, excessive pain, dusky discoloration, or fever please notify your doctor immediately.

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