



Neurotoxin Instructions

Botox/Dysport/Xeomin

Pre-Treatment Instructions:

- Please refrain from wearing makeup to your appointment.
- Avoid NSAIDs such as Ibuprofen and Aspirin, as well as fish oil, Vitamin E, and alcohol for 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 before an event.
- To help reduce the risk of bruising, you may take Arnica/Arnicare tablets five days before your treatment. These can be purchased at our facility or at CVS. Follow the directions on the bottle for use. Topical Arnica gel or cream can also be applied after treatment along with the tablets.

Post-Treatment Instructions:

- Remain upright and avoid lying down or lowering your head below your heart for four hours after your treatment.
- Do not exercise for 24 hours after treatment.
- You may continue taking Arnica tablets for a few days post-treatment to help with bruising.
- The key to reducing swelling and bruising includes Arnica, gentle massage, ice, and fresh pineapple.
- If you experience significant swelling, bleeding, eye pain, vision loss, excessive pain, dusky discoloration, or fever, please notify your doctor immediately.
- Avoid excessive facial expressions for the rest of the day after treatment.
- Do not wear anything that covers the injection sites, such as hats, headbands, or sunglasses, immediately after treatment.
- Do not massage or manipulate the injection sites for 48 hours post-treatment.
- Avoid facials and facial massages for the first week after treatment.
- Wear sunglasses when exposed to sunlight, as your neuromodulator may prevent your usual squinting, frowning, and furrowing habits.

Results:

- You may begin to feel tightness at the injection sites within 4 to 5 days. Maximum results appear between 10 to 14 days.
- Follow-up appointments can be scheduled no earlier than 14 days post-treatment, as the initial dose must take full effect before any adjustments can be made.
- If additional units (4 or more) are needed at the follow-up, there will be an additional charge.

Side Effects:

- Pinpoint bleeding
- Bruising
- Redness
- Swelling (may appear as a "bee sting")
- Tenderness at the 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 with EMERGENCY DR. SIMPSON.