

# Post-Care

## NEUROMODULATORS



### PRECAUTIONS

Avoid excessive alcohol consumption and over-the-counter blood thinners, 24-hours before your treatment to minimize bruising.

### RESULTS

It can take up to **two weeks for full results** to set in. If any adjustments/ corrections need to be made, please contact us two weeks after your appointment for a follow-up appointment.

### POSTCARE

Do NOT lie down or manipulate the area for at least 4 hours after your neuromodulator treatment to avoid spreading the toxin to untreated areas.

Do NOT perform activities involving straining, heavy lifting, inverted poses, or vigorous exercise for 24 hours after treatment. This will keep the neuromodulator in the injected area and not elsewhere.

Do NOT receive facial/ laser treatments or microdermabrasion after neuromodulator injections for at least 10 days. Ask your provider if you are not sure about the time frame of certain services.

### SIDE EFFECTS

In most cases, there will be no side effects however the most common side effects of neuromodulator injections are:

**Bruising** — For most patients, this will subside within 72 hours.

**Bumps** — After treatment, small bumps may be visible on the skin at the injection site. These generally disappear quickly and should not be noticeable within 24hours.

**Headache** — Temporary headaches are the most commonly reported symptom following neuromodulator treatments. This is temporary and can be treated by taking Tylenol.

