

# ConradPetersen

## DERMATOLOGY

Samantha Conrad MD, FAAD  
Erin Petersen MD, FAAD

2845 N Sheridan Rd Suite 700  
Chicago IL, 60657  
T 773.832.7443 F 773.295.4126

### **Pre- and Post- Treatment Instructions for Neuromodulators (Botox, Dysport, Xeomin)**

#### **Pre-Treatment Instructions:**

If possible try to avoid the use of aspirin, ibuprofen, vitamin E for 1 week pre-injection as they may increase your risk of getting a small bruise.

Avoid alcoholic beverages 24 hours before your appointment.

Neuromodulators are not indicated if you are pregnant or breastfeeding, have allergies to any of its ingredients, or have a history of neurologic disorders. Please inform your physician if you have any questions about this prior to the treatment.

#### **Day of:**

You may experience a mild amount of tenderness or stinging during and following injection.

Small raised areas, swelling and some redness may be seen immediately after procedure and usually resolve within 15-30 min. Makeup can be applied to the areas immediately if desired.

Avoid massages, facials, and upside down yoga-style exercise for 4 hours post procedure. Light exercise in an upright position is fine.

#### **Post-Treatment Instructions:**

If possible (and you remember) try to exercise your treated muscles for 1 hour after treatment (e.g. practice frowning, raise your eyebrows, and squint). This allows the neuromodulator to be absorbed into the strongest part of the muscle. It is NOT required to have the procedure work.

You may take Tylenol or Advil if you experience any mild tenderness/discomfort after the procedure.

Effects of the neuromodulators take 3-5 days to begin. Usually it is fully effective by day 10. Please let us know if you have questions at the 10-14 day period or feel you need a recheck. If it is your first time having the procedure your doctor may want to check you in 1-2 weeks after your procedure regardless.

Although the effects of neuromodulators vary, most patients repeat the procedure every 3-6 months for optimal results.