



## **PRE-TREATMENT INSTRUCTIONS**

### **Neuromodulator Injection Procedure**

- To avoid bruising, it is best not to use anything that thins the blood such as Aspirin, Advil, Motrin, Vitamin E or alcoholic drinks for 72 hours before treatment.
- Sunburned skin is difficult to treat so avoid exposure to the sun.
- Avoid waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- Avoid the use of Alpha Hydroxy Acids higher than 10% and Retinoids (such as Retin A) for 72 hours before treatment.
- Some muscle movement will remain. The objective of treatment is to improve the appearance of the lines, not completely paralyze the muscle. In this way, you benefit from continued subtle facial expression.
- Please call the office at 903-357-5108 for any questions



## POST-TREATMENT INSTRUCTIONS

### *Neuromodulator Injection Procedure*

- You may have bruises in the treated areas. This is normal and temporary.
- It may take up to two weeks for you to experience the full effect of the treatment. Remain patient. It takes time for the muscles to lose strength and the lines to fade. Please wait until this time has passed before assessing if you are pleased with the result.
- Exercising the treated areas for 1-2 hours after treatment (e.g. practice frowning, raising your eyebrows, or squinting) is thought to help work the solution into the muscles. However, it will NOT decrease your results if you forget to do this.
- For 4 hours after treatment, do NOT rub or massage the treated areas, practice Yoga or any type of strenuous exercise, or use a sauna. Doing so may cause the medication to move into unwanted areas. It may cause dysfunction with other muscle groups. This will also minimize the risk of temporary bruising. Feel free to shower and go about most other regular daily activities, just don't rub the area(s) treated.
- Do NOT lie down for 4 hours after treatment. This is to avoid the risk of pressure on the treated areas (from your pillow) or having the area rubbed accidentally.
- Be assured that any tiny bumps or marks will go away within a few hours. If you need to apply make-up within 4 hours after your treatment, only use a GENTLE touch to avoid rubbing the treated area.
- This is a temporary procedure and, at first, you may find that your treatment results last approximately 3 or 4 months. If you maintain a regular treatment schedule (every 3-4 months initially), the results of each treatment result may last longer.
- Initially, Nourished MedSpa and Wellness Center sees patients for additional treatments between 3-months (12 weeks) and 4 months (16 weeks) because we feel we are able to create the best clinical results for you during this period. If you allow the medicine to wear off completely, it is difficult for the doctor to see how your muscles have reacted and therefore optimal individualized results may be more difficult to achieve.
- Very rare symptoms that would require immediate emergency care are: double or blurred vision and/or drooping eyelids; difficulty in speaking clearly and/or swallowing; Hoarseness or change/loss of voice; Difficulty breathing; Loss of strength and muscle weakness all over the body ; Loss of bladder control.

*Please contact our office at 903-357-5108 with any questions or concerns. If you have an emergency or urgent pressing clinical issue, call Dr. Carter at 903-818-3467.*

Please make an appointment for follow-up and reassessment in 2 weeks.

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**Patient Name (please print)**

**Patient Signature**

**Date**