



## **Neuromodulator Pre and Post Care Information**

### **Pre-Care Instructions**

- ✦ Avoid the use of Aspirin, NSAIDS, Gingko Biloba, Garlic Supplements, Green Tea, Flax Oil, Cod Liver Oil, Vitamins A and E, and essential fatty acids for up to 1-week pre- and post-injection as they will increase your risk of bruising.
- ✦ Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising
- ✦ You may take Arnica tablets 2-3 days prior to your injection to reduce the risk of bruising
- ✦ Do not apply products that are potentially irritating for 2 -3 days before and after treatment (examples- Tretinoin/Retin-a, glycolic acid, benzoyl peroxide, hydroquinone)
- ✦ Inform your provider if you have a history of cold sores to receive advice on antiviral therapy prior to treatment
- ✦ Do not use the above stated if you are pregnant or breastfeeding, are allergic to any of its ingredients, or have a history of neurologic disorders.

**Please inform your provider if you have any questions about this prior to the treatment**

### **Day of Treatment**

- ✦ You may use topical anesthetic medication in office before your scheduled appointment (please arrive 15 minutes prior to procedure)
- ✦ Arrive with a clean face. Please do not wear makeup.
- ✦ You may experience a mild amount of tenderness or stinging during and following injection
- ✦ Redness and swelling are normal. Some bruising may also be visible

### **Post Care Instructions**

- ✦ It is best to try to exercise your treated muscles for 1-2 hours after treatment (e.g. practice frowning, raise your eyebrows, and squint). This helps to work the product into your muscles.
- ✦ Stay in a vertical position for 4 hours following injection. Do not rest your head or lie down; sit upright.
- ✦ Ice (but avoid firm pressure) for 15 minutes 3 times the day of treatment
- ✦ You may take Acetaminophen/Tylenol if you experience any mild tenderness/discomfort
- ✦ Do not massage treated areas after treatment
- ✦ After treatment there will be moderate swelling and redness with possibility of bruising. You may apply or take Arnica tablets to help decrease the amount of bruising
- ✦ Avoid extended UV exposure until any redness/swelling has subsided. Apply SPF.
- ✦ Avoid strenuous exercise for 24 hours to reduce bruising. You may resume other normal activities/routines immediately
- ✦ Avoid laser, IPL, or skin tightening treatments of the area for a minimum of 24 hours (or as directed by your provider) after injection
- ✦ You may continue your topical products as mentioned above 1 week after injection.

**Please keep this for future reference**