

ESTHETIC BOUTIQUE MED SPA

Post treatment instructions for Neuromodulators.

After treatment possible side effects include: mild headache, bruising at injection site, a sensation of "numbness" or tingling at the injection site, feeling of pressure or fullness at injection site.

1. Remain in an upright position for 4 hours.
2. Do not lie flat or rub/scrub the area for four (4) hours after injection.
3. No massaging of the treated area for 1-3 hours. This can cause the toxin to migrate to a different area.
4. Emote the treated area (wrinkle the forehead, smile, frown, etc.) every so often for 1-3 hours after treatment. This will help with the uptake of the Botox.
5. Do not go to sauna/steam room or exercise (running, aerobics, weight lifting, etc...) for 24 hours.
6. Do not take aspirin or ibuprofen for 24 hours. This includes Advil, Motrin, Aleve, Naproxen, Bayer Baby Aspirin.
7. If you can take generic Tylenol, you may take Tylenol for any headaches.
8. Mild bruising can be seen after the procedure.
9. Arnica Gel is a homeopathic treatment that has great results on post treatment bruising and discomfort. It can be purchased at any Whole Food grocery store.
10. It will take 10-14 days for the full effect to be achieved.

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Call the Office for any of the following or any concerns:

- If you have a severe headache, fever, weakness, or other significant change in your health, seek emergency care.
- Notify us at 602-332-1660 to speak with us if any drooping of the eyelids (ptosis) or other unexpected side effects of treatment occur.