

## NEUROMODULATORS / NEUROTOXINS

Congratulations on your treatment! Following post-treatment guidelines is crucial to the health of your skin and success of your results.

- You may have small bruises in the treated areas. This is normal and temporary. Topical Arnica (available at health food stores) may be helpful.
- 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. We will not adjust the dose until at least 2 weeks have passed.
- Some muscle movement may 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.
- For 4 hours after treatment, do NOT rub or massage the treated areas, wear a hat, practice yoga or any type of strenuous exercise, or use a sauna. This will minimize the risk of temporary bruising. Feel free to shower and go about most other regular daily activities.
- 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 to a few days. If you need to apply make-up within 4 hours after your treatment, use a GENTLE touch to avoid rubbing the treated area and use a clean makeup applicator.

If you have any questions regarding your treatment or these instructions, please call the office during business hours at 414-210-4073. For any after-hours concerns, please call 414-422-3105. If there is an emergency, call 911.