



Botulinum A Neuromodulator (Botox, Dysport, Xeomin, Jeuveau) Post Treatment Instructions

1. Avoid lying down on the side of your face for 4 hours following treatment, laying on your back is ok
2. No tanning, facials or saunas for 4 hours after treatment
3. Facial exercise in the area of treatment is recommended (frown, raise your eyebrows, squint and smile) for 1-2 hours after treatment to help the neuromodulator find the muscle receptors quicker
4. No touching or manipulation of the area the first 4 hours after the procedure
5. If you need to wash your face or apply make-up, use only a gentle touch and avoid rubbing injection areas
6. Tiny bumps and marks at the injection sites usually disappear within a few hours.
7. If you experience bruising, you can apply over-the-counter Arnica gel to speed healing after the first 4 hour.

Important Reminders

It usually takes 3-14 days for full treatment effects to appear. Regular treatment is necessary to maintain results, optimally done just prior to the effects wearing off. *Botulinum-A Neuromodulator* treatment is not an exact science since everyone's response is unique and dependent on your metabolism, muscle strength and anatomy. If this is your first treatment with me, your dosage will be the absolute minimal to avoid over-treatment, since I don't know how you will respond.

Just as the strength of your dominant hand is stronger, the muscles on your face also have a dominant side. Very minimal asymmetry is very common in the beginning and is not as common later as the muscles become weakened over time with continued treatments. A two to three week follow up visit is highly recommended to assess your body's response to the treatment and to do any further touchups as needed. The combined total amount of *Botulinum-A Neuromodulator* you received from both visits will be added up to develop your future individual 'recipe' and help me understand how best to optimize your results.

If you need more product during the follow up visit, you will be charged again per unit. Asymmetries are corrected free of charge only within the first thirty days after treatment. Corrections after thirty days and any further additional desired units for a more relaxed effect are charged the same price as the previous visit.

If you have any questions or concerns, please feel free to call 203-699-6772 or text me at 203-884-1246 24 hours a day.

Thank you for your business,

LouAnn Perugini, ACNP, FNP, DcNP, CANS
APRN Dermatology and Aesthetic Nurse Practitioner