



Pre-Treatment Instructions for Neuromodulators
(Botox, Xeomin or Jeuveau)

Bruising is not a major concern with Botox injections, but it is still a possibility. If you are concerned about bruising, we recommend that you use the following instructions to reduce your risk.

Arnica Montana taken according to the package instructions, starting the morning of your Botox treatment can reduce bruising.

If you are taking daily aspirin that is NOT PRESCRIBED by your physician, then we recommend that you discontinue a week prior to your Botox treatment to limit bruising. To reduce your risk of bruising we recommend that you avoid the following for one week prior to your Botox treatment:

- Red Wine
- NSAIDs (Motrin, ibuprofen, Aleve, Advil)
- Vitamin E
- Fish Oil & Essential Fatty Acids (Flax seed oil)

Typically, no specific prep is needed for Botox treatments.

It is not recommended to schedule a Botox treatment within 2 weeks of a special event. It takes 4 to 14 days for Botox to take full effect. Time should be given to address any unexpected side effects.

826 Main Street, Klamath Falls, OR, 97601

541-887-8229

Almondaesthetic.com



Post-Treatment Instructions for Neuromodulators
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You can reapply makeup after your treatment. Please do so gently over the treatment area(s) using an upward motion.

If we treat your forehead, do not wear a hat or visor for 24 hours after your treatment.

Avoid laying down flat for 4 hours following your treatment.

Avoid alcohol use, vigorous exercise, and activities that may displace Botox for 24 hours after your treatment. These activities include massage, manipulation or rubbing the treatment area.

Some people will experience bruising around the injection sites. Bruising typically resolves in 7-10 days. Oral and/or topical Arnica will help clear bruising faster.

Discomfort following your Botox treatment is rare but may happen. If you are experiencing discomfort, acetaminophen may be taken. Some patients do experience a mild headache following treatment.

Contact us if you are experiencing any concerning side effects or complications such as drooping eyelids, warmth around the injection site(s), persistent redness or swelling.

It can take up to 14 days to see the full effects of your treatment. Please contact us with any concerns. We are happy to see you again to evaluate the area(s) treated. Refinements may be necessary to provide you with the best possible results and the longest lasting effects. We care about you and your success with your treatments at Almond Aesthetic Medicine!

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