

BOTOX®/XEOMIN® COSMETIC INJECTION INSTRUCTIONS

- Please make an appointment for a (2) week follow-up visit as you check out. After 2 weeks post injection, if you are interested in fillers for the areas that have previously been injected with Botox/Xeomin, this can be done then. You may need a “touch-up”, if there is some facial asymmetry, which will require payment. You might also require additional BOTOX®/XEOMIN® Cosmetic, if the original amount is a little weak for your desired outcome.
- Every individual is different and your BOTOX®/XEOMIN® Cosmetic needs may not be the same as someone else’s. Rare, but individuals may not receive benefits or results. For the majority, BOTOX®/XEOMIN® are amazingly consistent and work fabulously. It is common policy to price BOTOX®/XEOMIN® Cosmetic by the number of units used. Your medical professional will make their best estimate of the amount that should be used for optimal results. This dose may need to be modified to get you your best results. Larger muscle groups require more BOTOX®/XEOMIN® Cosmetic and larger charges will be made according to the number of units used per treatment session. An office charge will be made for each treatment session.
- Please allow from 2 to 3 days to up to a week for the effects of your BOTOX Cosmetic injection to occur. The full effects take about 14 days to reach their full strength. Touch-up needs will not be determined until 14 days post injection. The effects will usually last 3 to 4 months, and may last considerably longer.
- Studies have shown that having a follow-up treatment before the product has fully dissipated (3-6 months) will enhance the lasting effect. Consult with your medical professional about recommendations for touch-up or follow-up treatments.
- A small/fine needle will be injected into your skin and even the most experienced injector may inadvertently hit a small vessel causing a bruise. All bruises will go away and you may cover them with make-up immediately. **IF BRUISING OCCURS:** Use of “ARNICA MONTANA” over the counter or for purchase at Lifetime Healthcenter may help improve bleeding, and inflammation to the area. Use of LightPod Neo laser treatments may reduce the amount of time the bruising is present.

DO:

- For about an hour after injections, make facial expressions in the areas you were injected every 10-15 minutes or so (smile, frown, look surprised). EXAMPLE: Injections in frown lines, frown/furrow and then relax. This may allow the product to engage more quickly. **You may get a headache from doing this, but that is normal.** If you do not do so, the BOTOX®/XEOMIN® will still work!
- Discontinue or notify your medical professional of use of aspirin, motrin/ibuprofen, Vitamin E, consumption of alcohol, St John’s Wort and Fish oil several days before injections as these can thin your blood, increasing the risk for bruising. Do not discontinue prescription blood thinners unless instructed to do so by your medical practitioner.

DON’T:

- Do not touch the area.
- Engage in activity that will require “grunting” or straining. No controlled studies have shown diffusion of product due to bending/flying/lying down or exposure to heat.
- No tight fitting headgear for 4-6 hours after BOTOX®/XEOMIN® injections. (EX: CPAP Machine)

Please understand that your satisfaction is the most important thing for us. Do not hesitate to contact us if you have any concerns about your treatment. LIFETIME HEALTHCENTER: 903-534-0773