



BAY AREA COSMETIC DERMATOLOGY

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POST CARE FOR NEUROMODULATOR INJECTIONS

[Botox, Xeomin, Dysport, Daxxify]

WHAT TO EXPECT

- Neuromodulators are not intended to inhibit total movement of a muscle. For the most natural look, neuromodulators are used to relax the treated muscle and soften lines. It is not possible to completely stop all motion in an area as muscles outside the treatment area may be recruited.
- Blanching of the injection site is normal and expected but should subside within one hour of treatment. Icing the injected area will help blanching subside sooner. Ice should be applied for no more than 5 minutes at a time with the area being allowed to warm before applying ice again. Please ask a staff member if you would like to take any ice packs home with you.
- Temporary swelling and/or bruising of the injection site may last up to two weeks, however in most cases swelling will subside after 1-3 days and visible bruises will diminish in 7-14 days.
- Topical numbing cream will be applied prior to treatment. In rare instances, allergic reactions may occur. Additionally, topical numbing cream can aggravate underlying skin conditions such as rosacea. Such irritations may be treated using a 1% hydrocortisone cream, like [BACD Calming Cream](#), which can be purchased in office or online.
- If an allergic reaction occurs from the numbing cream, please inform our team immediately. We will treat the complication and document the reaction to avoid the use of numbing cream in the future.
- **Neuromodulator treatments can take 5-14 days to see full results; therefore we strongly encourage patients to wait 10 full days before calling to schedule a touch up. Patients frequently see issues resolve if a neuromodulator treatment has had the proper time to develop.**

WHAT TO AVOID

- In general, avoid strenuous exercise for 2-4 hours , after treatment consult with your provider for specific questions.

REGARDING BRUISING

- If you are currently taking blood thinners, you may experience more bruising. If approved by your doctor, please stop one week in advance of your appointment.
- If you are prone to bruising you may purchase [homeopathic Arnica](#) from the office or online. Arnica supplementation prior to injections and/or day of treatment can reduce the risk of developing a bruise.
- If bruising occurs, you may request a complimentary Vbeam treatment post-procedure which can reduce the severity and duration of a bruise *but will not eliminate the bruise altogether*. Complimentary Vbeam treatments can be done the same day as injection and up to one week post treatment. [Book online here.](#)

If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

Questions or concerns? Please securely send a direct message to your provider through BACD's online patient portal: [MyPatientVisit](#) or call the office 415-292-6350.