



# *Neuromodulator* **AFTERCARE**

To achieve the best results and minimize side effects, please follow these aftercare guidelines after your neuromodulator treatment:

## **What to DO:**

- Stay upright for 4 hours following your treatment.
- Gently move your face (smile, frown, raise eyebrows) to help the product settle into the muscles.
- Apply a cold compress if needed for any mild swelling or bruising.
- Use Tylenol (acetaminophen) if you experience discomfort (avoid ibuprofen or aspirin as they may increase bruising).
- Return to normal activities such as walking or light errands.

## **What to AVOID for 24 Hours:**

- No rubbing, massaging, or applying pressure to the treated areas.
- Avoid makeup or skincare products directly on the injection sites.
- Skip strenuous exercise, yoga, or any activity that increases blood flow to the face.
- Refrain from consuming alcohol or blood-thinning medications (unless prescribed).
- Do not lie down or bend forward excessively for at least 4 hours.
- Avoid saunas, hot tubs, tanning beds, and extreme heat.

## **What to Expect:**

- Results begin to appear in 3 to 5 days, with full results visible at 10 to 14 days.
- Small bumps or redness may appear at injection sites and typically resolve within a few hours.
- Bruising is possible and usually fades within a few days.
- If you have any concerns or experience unusual symptoms, contact us immediately.

## **Follow-Up:**

- A follow-up appointment can be booked 2 weeks post-treatment if touch-ups are needed.
- Results typically last 3 to 4 months, depending on individual metabolism and lifestyle.