

# NEUROMODULATOR

## POST CARE INSTRUCTIONS

Botox, Dysport and Jeuveau are all neuromodulator injectable treatments used to help prevent and improve the appearance of fine lines and wrinkles.

To help reduce future bruising, we recommend avoiding NSAIDs (e.g. Advil, Aspirin, Aleve, Fish Oil and Vitamin E) for 2 weeks prior to your appointment.

Temporary side effects may include headaches, bruising and pinpoint needle marks. If bruising does occur, we offer complimentary laser treatment to all of our injection patients. Simply give us a call to schedule.

Please follow these simple steps for the rest of the day:

1. Avoid pressure on the injection sites - this includes tight hats, face-down massages, or goggles. These things can cause spread of the products.
2. You may gently remove makeup this evening, avoiding excess rubbing or pressure.
3. You may do a light workout today, but avoid long runs or any face-down exercise.

Full effects typically take 7-10 days to develop. If change does not occur after a 2-week period, please call to schedule a touch-up visit.

For continued improvement and best results, we recommend booking consistent injection treatments with Dr. Sawyer every 3 months.

### CONTACT US

Should you have any questions or concerns following your treatment, please give us a call at 205-870-3303. You may also use Klara, our HIPPA-protected text messaging system, to contact our team during office hours. Klara can be accessed through our website at [birminghamskin.com](http://birminghamskin.com).