



Pre and Post Neuromodulators

Prior to Treatment

Bruising and swelling are common side effects of injections. There are some precautions you can take to lessen the risk of this happening. Below are some tips and tricks to make your upcoming injectable appointment as pleasant as possible

- Avoid blood thinning medication: (NSAIDS) such as Motrin, Ibuprofen, Excedrin, Naproxen, and Aspirin, fish oil, multi-vitamin, and st. john's wart will thin your blood. These medications will increase your risk of a bruise.
- Any type of alcohol will also increase your chance of bruising. Try to avoid 2-3 days before your appointment and a few days after for the best results.
- Arnica is a homeopathic vitamin supplement that helps with bruising and swelling. It can be taken 1 week before an appointment. It comes in the form of pills that are placed under the tongue and dissolve. Take according to package directions. This product is sold over the counter at vitamin or health food stores.

Day of the Procedure

- Try to avoid any makeup or skincare products in the injectable area. We have towels and cleansers to use at the office to wash your face once you arrive if needed.

What to Expect

- You will begin to see results within a few days, but sometimes optimal results can be seen at 2 weeks post-treatment
- The effects of the medication injected will last up to 3 months. When the effects wear off the treatment is repeated
- There are no known permanent side effects for neuromodulators, only temporary side effects due to the injection.
- You may notice bruising at the injection site. This can be covered with makeup 24 hours after treatment.
- Forehead injection can cause a "heavy" feeling to the brows in some patients
- Less common side effects include injection site discomfort, headaches, numbness or dullness, muscle twitching, asymmetry, temporary eyebrow/eyelid droop (1-2%), double vision (very rare), flu symptoms (very rare) and nausea (very rare)

Things to Avoid

- Avoid exposure to sunlight and heat for the first 24 hrs. This includes a sauna, steam room, tanning beds, extremely hot showers, or outdoor sun exposure.
- You should not work out or participate in strenuous exercise for 24 hours after the treatment. Going to the gym in the morning before your appointment is fine.
- Look but **DON'T TOUCH or massage!** The injection "bumps" subside within 20 mins of the injection
- Do not lie flat for 4 hrs post injection
- Due to the risk of infection do not apply any makeup for 24 hours and then do so gently with clean instruments.
- Avoid any other skin procedures such as facials, chemical peels, lasers, and micro-needling, for at least 2 weeks.
- Avoid aspirin, NSAIDs, and any blood thinners such as alcohol for 1 week to decrease bruising and swelling

Please call the office if you experience any of the following:

If it is after hours and we cannot be reached, please contact urgent care services, or in the event of an emergency call 911

Serious complications are rare, but you should seek medical attention for evaluation if any of the following occur:

- If you are uncertain and have questions
- Pain that is not relieved by Tylenol
- Indication of infection (redness, tenderness, pus)

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