



NEUROMODULATORS

BOTOX® | XEOMIN® | DYSPORT®

RECOMMENDATIONS AFTER YOUR TREATMENT

Congratulations! You have just completed your neuromodulators treatment.

- Avoid tilting your head forward for 4 hours after treatment.
- Avoid massaging or handling the treated area for the first 24 hours.
- Avoid strenuous exercise 24 hours after treatment.
- Contraction of the injected regions within one hour of treatment may accelerate the onset of results.
- Headaches can sometimes occur following treatments involving the upper face. These headaches, although mild, are sometimes bothersome and can be relieved with acetaminophen (Tylenol®).
- Bruising is rare, but sometimes unavoidable despite the greatest precautions. Importunes but non-dangerous, they can easily be hidden with makeup and will disappear after 5 to 10 days. An Arnica cream (Traumacare® / Arnicare®) applied three times a day can speed healing.

www.clinicare.ca

  [clinicare.md](https://www.instagram.com/clinicare.md)

If you have any additional questions, please do not hesitate to contact us at (514) 466-8822 or via info@clinicare.ca