



Xeomin

Post-Treatment Care

Your treatment with Xeomin has been administered to relax targeted facial muscles and soften the appearance of expression lines. While the procedure is minimally invasive, the treated areas will benefit from gentle care as the product begins to take effect. Following these guidelines will help optimize your results, support proper settling of the treatment, and minimize the risk of unwanted side effects.



Days 0-3

1. **Minimize swelling.** Apply cold compress or ice pack for 10-15 minute intervals to reduce swelling.
2. **Avoid touching treated area.** Do not touch, press, or massage treated area unless specifically instructed by your clinician.
3. **Elevate your head** when resting or sleeping.
4. **Avoid vigorous exercise**—and activities that may cause flushing or excessive perspiration including exercise, spicy foods, alcohol, or hot temperature.
5. **Avoid Retin-A, Tretinoin or Retinol** based products.
6. **Avoid Dental Work** especially if lips or nasolabial folds were treated.
7. **Avoid wearing makeup** to minimize risk of infection.



1. **Do not wear hats, headbands or anything tight** across the treated area.
2. **Do not lie down** or bend forward, touch or rub the treated area for at least 4 hours.
3. **Do not take any of the following for 3 days post treatment to minimize bruising/bleeding and or swelling:**
 - Aspirin
 - Ibuprofen (Motrin, Advil)
 - Alcohol
 - Cigarettes
 - Caffeine
 - Niacin supplements
 - Spicy, High-sodium and High sugar foods
 - Refined carbohydrates
 - Gingko Biloba
 - Garlic
 - Flax seed oil
 - Essential fatty acids, Cod Liver Oil, Flax oil, Vitamin E,
 - Vitamin A
4. **Do not apply Retin-A, Tretinoin, Retinol** or other active products to avoid irritation and redness.
5. **Do not perform vigorous exercises** and activities that may cause skin flushing or perspiration.
6. **Do not wear makeup until the next day** to avoid risk of infection.

The treatment may take 2-10 days to take full effect. It is recommended that the touchup, if needed, be done no later than 2 weeks after the initial treatment.

Contact Us if you Experience

- ! Severe pain that worsens after treatment
- ! Swelling
- ! Redness
- ! Skin blistering or ulceration
- ! Itching

Please note:

Healing rates vary by individual. If you have any questions or concerns please contact our office



845-825-3362