



**POST-TREATMENT CARE – NEUROMODULATORS  
BOTOX® DYSPORT® XEOMIN®**

The treatment area may feel sore and or tender for the first 24 hours. This is normal. You may apply ice packs or cooling cloths to the affected area immediately after treatment and up to 12 hours thereafter.

Avoid vigorous exercise or extreme heat (such as hot tubs, saunas etc.) for 48 hours after treatment.

Do not rub or massage the treated areas for 24 hours after your treatment. Do not lie down for 4 hours after treatment. This is to avoid the risk of pressure on the treated areas (from your pillow) and to avoid the risk of having the area rubbed accidentally.

If receiving for hyperhidrosis, some patients describe an achiness, tiredness or heaviness of the arms which usually resolves within a few days from occurring. Keep the area clean. You may apply antiperspirants as soon as the skin has recovered from the injections usually within 4-12 hours.

Results are gradual and may be judged at 2 weeks. You are invited for a review appointment to record the effectiveness of treatment and modify your treatment plan if necessary. Sometimes an additional treatment is required to achieve optimal results.

Should you experience any unpleasant side effects that you are not expecting, or suffer symptoms that concern you, please do not hesitate to contact the clinic and an appointment will be made for you to be seen. If you have any further questions, before, during or after the treatment, do not hesitate to ask your practitioner.

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