

**Doderai Dental Group**

**Dr. Dustin Doderai & Dr. Nathen Dang**

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**Botox, Dysport & Xeomin Neuromodulators Instructions**

### **Pre-treatment Instructions:**

Please advise your dentist if you are taking any blood thinning supplements and medications. Some of these may include St. Johns Wort, Fish Oil/Omega 3, Flax Seed Oil, and Vitamin E.

1 week prior to treatment:  
Stop taking aspirin or anti-inflammatory medications like ibuprofen. Some of these may include, Aleve, Advil, or Motrin. Tylenol is fine.

* Patient cannot be under the influence of alcohol at the time of treatment
* Patient cannot be pregnant or nursing at the time of treatment
* Please tell your provider if you are currently taking any other medications at the time of your treatment

Post Treatment Instructions:  
Small bumps appearing like mosquito bites can appear at the injection site following cosmetic treatment. This is unlikely with therapeutic treatment (for clenching/grinding). These bumps usually subside within a few hours. On occasion the injection site can bruise and last 3-7 days if aspirin or blood thinning medications were taken close to the day of treatment.

* Avoid rubbing the treated area post treatment. You may lightly apply cosmetics and sun-block.
* Avoid lying down 4 hours post treatment.
* Avoid strenuous activity for the remainder of the day post treatment.
* Exercise the muscles that were treated as much as you can for a few hours post treatment-by making faces such as frowning or smiling (clenching if you had treatment of the jaw muscles).
* Normal activity can be resumed the next day.
* Please allow a full two weeks to appreciate the results and to determine if another treatment is needed.

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