

Before your Neuromodulator Treatment:

Have a consultation first to determine if you are a candidate and which areas should be treated. Botox and Dysport are used for the temporary improvement of lines caused by overactive facial muscles. Pregnancy and breastfeeding are contraindications. Also let your provider know if you have a medical history that includes diseases affecting the muscles or nerves.

Let us know if you are taking any medication for blood thinning especially Coumadin, Warfarin, Ticlid, Plavix. Aspirin, NSAIDs, St. John's Wort, high doses of Vitamin E, fish oil, and heavy alcohol use should be avoided the week prior (unless being prescribed- please get PCP approval before stopping these medications). Tylenol (Acetaminophen) is okay.

You can purchase Arnica pills available at Whole Foods or other Natural Food stores and start prior to appointment to minimize bruising. Take as directed on packaging.

Most patients do not need to be numbed prior. We have ice packs to apply to the area prior to injection to help with pain. Please arrive at your appointment with a clean face. If it is your first visit for neuromodulators, plan to return in 2 weeks for a check-in appointment.

After your Neuromodulator Treatment:

Gently apply an ice pack immediately following as instructed by the provider. Small raised bumps are normal and will be absorbed in 30 minutes. Do not massage the area.

Stay upright for 3-4 hours (no facials, handstands, laying face down on a pillow). Do not fly in an airplane for 48 hours. If applying makeup or sunscreen pat carefully over areas where injected. No high intensity exercise for the next 24-48 hours.

Continue with taking Arnica pills if desired. Bruising can occur immediately or appear the next day. It is most common around the eyes because the skin is very thin and there are several small blood vessels there. If bruising is excessive, call the office and we can quickly treat it with a laser to help speed up healing time. Please call to schedule if needed.

Apply Revox or eye creams available for purchase in our office to enhance results.

Results will appear in 7-12 days for Botox and 3-7 days for Dysport and Jeuveau and last 3-4 months.

Schedule a follow-up appointment in 2 weeks to evaluate and decide the best schedule for your maintenance.