

#### Neuromodulators Pre/Post Treatment Instructions:

-Schedule your treatment at least 2 weeks prior to the time you want the expected appearance as results may take 4-7 days, up to 2 weeks to get full effect. Best effects come over time with regular injections every 3-4 months.

-Most injections are not painful and do not require numbing medicine prior to treatment but we will be happy to apply if you prefer.

-Avoid Alcohol for 24 hours prior and high doses of anti-inflammatory and blood thinning medications at least 2 weeks prior to procedure to reduce chances of bruising. Medications include aspirin, Vitamin E, ginkgo biloba, ginseng, St. John's Wort; Omega3/Fish oils supplements, warfarin/Coumadin, or heparin. Also limit high doses of anti-inflammatories such as ibuprofen, Motrin, Advil or Aleve as they can also increase risks of bruising.

-You are not a candidate for this treatment if you are pregnant or breast feeding.

-Avoid heavy exercise for 4-6 hours after injections due to decreasing efficacy of the product. Exercise prior to procedure is ok.

-Remain upright for 4-6 hours after procedure i.e. do not go home and take a nap as the product may settle or spread in places not wanted.

-Post treatment results will note a "bee sting" appearance to the areas of injections which will resolve in 30 mins to a few hours and not become noticeable.

-Do not put pressure on the "bee stings" with your fingers or ice for at least 4-6 hours after treatment as it may spread the product.

-Use your facial muscles as you would normally do! This does help the product to settle.

-Full results will be seen in 14 days so please allow that amount of time to evaluate the results. We are happy to provide touch-ups or further consultation for any concerns.