

SANCTUARY

DERMATOLOGY

If there are any outstanding questions after reading the information below, please do not hesitate to call us at (504) 454-2997.

NEUROMODULATOR PRE CARE INSTRUCTIONS

- Unless prescribed for a medical reason, avoid the use of aspirin, ibuprofen, aleve, vitamin E, fish oil, or other blood thinners for 1 week before your treatment as they may increase your risk of bruising.
- Avoid alcoholic beverages 24 hours before your appointment.
- Neuromodulators are not indicated if you are pregnant or breastfeeding, have allergies to any of its ingredients, or have a history of neurologic disorders. Please inform your physician if you have any questions about this prior to the treatment.
- You may experience a mild amount of tenderness or stinging during and following injection. Small raised areas, swelling and some redness may be seen immediately after the procedure and usually resolve within 15-30 minutes.
- Makeup can be applied to the areas immediately if desired.
- Avoid massages, facials, and upside down yoga-style exercise for 24 hours post procedure.
- Light exercise in an upright position is acceptable, but vigorous exercise should be limited for 24 hours.

NEUROMODULATOR POST CARE INSTRUCTIONS

- If possible (and you remember) try to exercise your treated muscles for 1 hour after treatment (e.g. practice frowning, raise your eyebrows, and squint). This allows the neuromodulator to be absorbed into the strongest part of the muscle. It is NOT required to have the procedure work but may help to give you faster and longer lasting results.
- You may experience a mild amount of tenderness or stinging during and following injection. Small raised areas, swelling and some redness may be seen immediately after the procedure and usually resolve within 15-30 min.
- You may take Tylenol if you experience any mild tenderness/discomfort/headache after the procedure.
- Effects of the neuromodulators take 3-5 days to begin. Usually it is fully effective by day 14. Please let us know if you have questions at the 10-14 day period or feel you need a recheck. If it is your first time having the procedure your doctor may want to check you 2 weeks after your procedure to ensure the desired result is achieved.

Treatment Recommendations

Most patients will need to repeat the procedure every 3 months for optimal results.