neuromodulator

PLAN AHEAD

Your result reaches peak effect at 14 to 21 days, not sooner, and a small bruise can take a little longer to fade. Schedule at least three weeks before a wedding, a photo session, or any event where you want to look your best. A few simple steps beforehand lower your chance of bruising.

ONE TO TWO WEEKS BEFORE

- If it is safe for you, pause supplements that thin the blood: fish oil, vitamin E, ginkgo, ginseng, high-dose garlic, and turmeric.
- Avoid aspirin and NSAIDS such as ibuprofen and naproxen unless they are prescribed to you. Tylenol is fine.
- **Never stop a prescribed blood thinner** — warfarin, apixaban, clopidogrel, or similar — without clearing it with the doctor who prescribed it. We can treat you safely either way.
- Leave at least three months between neuromodulator treatments.

TELL US BEFORE WE TREAT

- Any neuromuscular condition, such as myasthenia gravis, Lambert-Eaton syndrome, or ALS.
- Any difficulty swallowing or breathing, now or in the past.
- Any previous reaction to Botox, Dysport, Daxify, or another neuromodulator.
- Antibiotics you are currently taking. Some can increase the effect of the product.
- A milk protein allergy, which matters for one of the products we carry.
- If you are pregnant, breastfeeding, or trying to conceive. Neuromodulator is not recommended.
- Which product you had before, where, and when — including treatment at another practice.
- Any active breakout, rash, or infection at the treatment area.

THE DAY BEFORE 24 hours

- Skip alcohol. It thins the blood and is one of the most common reasons patients bruise.
- Drink plenty of water and get a full night of sleep.

THE DAY OF

- Arrive with clean skin and no heavy makeup if you can.
- Eat a real meal and drink water beforehand.
- Expect before-and-after photos. They are how we track your result from one visit to the next.
- Let us know if you are ill or running a fever and we will find you another time.
- Afterward, carry on with your day. Light exercise and lying down are both fine — just skip the sauna and hot yoga for a day or two.