

## Neuromodulator Treatment Guide

Botox® • Dysport® • Jeuveau® • Letybo®

Neuromodulators are precision injectable treatments designed to temporarily relax targeted facial muscles. By softening repetitive muscle movement, they improve dynamic lines while maintaining natural expression when appropriately dosed.

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### Pre-Treatment Guidelines

To minimize bruising and optimize results:

#### 5–7 Days Prior

Unless medically necessary (do not discontinue prescribed medications without physician approval), avoid:

- Aspirin
- Ibuprofen (Advil, Motrin)
- Naproxen (Aleve)
- Fish oil / Omega-3
- Vitamin E
- Ginkgo biloba
- Garlic supplements
- Ginseng
- St. John's Wort
- Other blood-thinning supplements

#### 24 Hours Prior

- Avoid alcohol.
- Avoid strenuous exercise.
- Avoid excessive heat exposure (sauna, hot yoga, steam).
- Reschedule if you are ill or have an active infection.

#### Day of Treatment

- Eat normally (do not arrive fasting).
- Stay well hydrated.
- Arrive with clean skin if possible.
- Inform us of any new medications, recent vaccinations, or neurological conditions.

## After Your Treatment

### First 24 Hours

- Do not rub or massage treated areas.
- Avoid strenuous exercise.
- Avoid alcohol.
- Avoid excessive heat (saunas, hot tubs, steam rooms).
- Avoid facials, facial massage, or facial devices.

Makeup may be applied gently later the same day if needed.

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## What to Expect

Immediately after treatment, you may notice:

- Small raised areas at injection sites (typically resolve within 30–60 minutes)
- Mild swelling, redness, or tenderness
- Occasional minor bruising
- A mild headache or pressure sensation (most common with forehead treatment)

As the medication begins working, you may feel:

- Heaviness
- Tightness
- A “restricted” sensation

These are temporary and part of the normal adjustment process.

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## Muscle–Brain Adjustment

When the treated muscles begin to relax, your brain may continue sending signals to contract them out of habit. This temporary mismatch between intention and muscle response can create sensations of:

- Heaviness
- Tightness
- Mild pressure
- Feeling like you are trying to move but cannot fully do so

This adjustment period is normal and typically improves within 1–2 weeks.

Important: Avoid repeatedly or forcefully trying to move the treated muscles. Excessive attempts at contraction can cause muscle fatigue and may worsen the sensation of heaviness or restriction. Allow the medication to settle naturally.

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## Results Timeline

- Days 2–3: Early softening may begin
- Days 5–7: Progressive improvement
- Days 10–14: Full effect visible

Results typically last 3–4 months, depending on individual metabolism, dosage, and treatment area. To maintain results, we recommend treating every 3-4 months.

A follow-up assessment at 2 weeks may be recommended, particularly for first-time treatments.

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## When to Contact the Office

Although uncommon, please notify us immediately if you experience:

- Eyelid drooping
  - Uneven smile
  - Difficulty speaking or swallowing
  - Vision changes
  - Significant swelling, increasing pain, or signs of infection
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Neuromodulator treatments are both preventative and corrective. With consistent maintenance, they help preserve smoothness, soften expression lines, and support long-term facial balance.