



Ballert

Medical Aesthetics

INSTRUCTIONS FOR AFTER YOUR NEUROMODULATOR TREATMENT (BOTOX AND DYSPORT):

1. Do not lay down for 4 hours. Laying down may cause the neuromodulator to migrate to areas we do not want it to migrate to. This can cause asymmetry, drooping of the eyebrows and/or eyelids.
2. Do not do any strenuous activity for 24 hours. Doctor's orders – no workouts for 24 hours!
3. Do not massage or manipulate the treatment area for 4 hours. This may cause additional bruising or migration of the neuromodulator outside of the intended treatment area, causing unwanted results.
4. Do not get a facial aesthetic treatment for at least 2 weeks. This includes Hydrafacials, dermablading, chemical peels, laser treatments, radiofrequency therapy, and microneedling.
5. Avoid excessive heat for 24 hours. This includes saunas, hot tubs and steam rooms.
6. Your neuromodulator takes 7-14 days to reach full effect. Please allow 2 weeks to see your final results. If you are experiencing asymmetry or unexpected results, please call our office for a followup appointment. We want you to be happy with your treatment and may be able to correct many unwanted results.
7. What if my results are not lasting 3-4 months? Dosage equals duration. What does this mean? Many times, if we use less toxin than recommended by the product manufacturer, the results may not last the full 3-4 months. Occasionally, if your dosing is adequate but your results may not last as long as we expect, switching from one neuromodulator to another (Botox to Dysport, or vice-versa) may help.

If you are concerned about anything you consider significant, please call Ballert Medical Aesthetics at 270-534-5641.