



### **Instructions for after your neuromodulator treatment (Botox, Dysport, Daxxify):**

- 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.
- 4) Do not get a facial aesthetic treatment for at least 2 weeks.** This includes HydraFacials, dermaplaning, 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 follow-up 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.