

Dr. Tomi Lee Wall
Pre & Post Neuromodulator and Filler Instructions

BEFORE YOUR NEUROMODULATOR (Botox, dysport, Jeuveau) TREATMENT:

- Avoid taking anything which may cause bruising such as: Aspirin, ibuprofen, vitamin E, ginkgo, garlic, fish oil, or omega supplements approximately 1 week prior to your appointment. Tylenol is fine.
- **Notify your doctor if:**
 - You are pregnant/breastfeeding.
 - You have a history of neuromuscular disorders (ALS, myasthenia gravis, etc).
 - You have a history of cold sores and are getting treatments in/near that area of the skin.
 - You have had isotretinoin for acne within the last 6-12 months.

AFTER YOUR NEUROMODULATOR TREATMENT:

- The area may be bruised or swollen. The swelling usually lasts for a few minutes, and the bruising may last up to a week.
- Icing the area and using over the counter agents such as arnica may be helpful to diminish the bruising.
- Avoid touching or manipulating the injection sites for at least six hours. (Gentle pressure with an ice pack is fine).
- Do not lie flat (pilates, massage, yoga, sleep) for 4 hours after treatment.
- No strenuous exercise for 24 hours.
- No makeup or skincare products for 24 hours.

WHAT TO EXPECT:

- The onset of action of the neuromodulators is between 48 hours and 14 days and can last 3-6 months. No guarantee is made as to the length or amount of improvement.
- If a touchup is needed, it can be administered 2 weeks after the initial treatment. Please contact our office.

BEFORE YOUR FILLER (Juvederm, Restylane, Belotero,, etc) TREATMENT:

- Occasionally, filler procedures may have bruising for approximately 1 week. We usually recommend not having these procedures 2-4 weeks before a big social event. Please speak to your doctor about any upcoming events.
- Avoid taking anything which may cause bruising such as: Aspirin, ibuprofen, vitamin E, ginkgo, garlic, fish oil, or omega supplements approximately 1 week prior to your appointment. Tylenol is fine.
- **Notify your doctor if:**
 - You are pregnant/breastfeeding.

- o If you are an active smoker.
- o You have a permanent implant (chin, lip, cheek) in the areas that you will get treated.
- o Have an active infection of any type (flu, sinusitis, dental abscess,, etc) on the day of treatment.
- o Have had or planning to have a dental procedure of any type 2 weeks before or after treatment
- o You have had or planning to have a vaccination of any type 2 weeks before or after treatment.
- o You have a history of bleeding problems, keloids, autoimmune disease, immune deficiency
- o You have a history of cold sores and are getting treatments in/near that area of the skin.
- o You have had isotretinoin for acne within the last 6-12 months.
- o You are on blood thinner medications

AFTER YOUR FILLER TREATMENT:

- Please do not touch or manipulate the areas that were treated, especially for the first 48 hours.
- You may ice the locations to help with bruising and swelling if needed. If there is bruising, it may last for 1-2 weeks.
- No makeup or skincare products for 48 hours
- No strenuous exercise for 24 hours.
- Sleep with your head slightly elevated (approx 10-15%) by placing a pillow lengthwise for 48 hours to reduce swelling.
- Please make sure that the mask you are wearing is a clean one after treatment.

WHAT TO EXPECT:

- The treated area(s) may be bruised or swollen for up to 2 weeks.
- If you notice significant bruising or discomfort which persists after treatment, please contact our office.
- Fillers last for different periods of time depending on the type of filler and the patient. The range is anywhere from 6 months to 3 years.
- If you feel that you would like additional filler, it is recommended to wait 2 weeks and schedule at that time. (Once the swelling has resolved).
- It may take several treatments to obtain optimal results.