

## WHAT YOU SHOULD KNOW BEFORE GETTING NEUROMODULATORS

With the rise of Zoom calls over the pandemic, the use of neuromodulators has become an increasingly popular minimally-invasive anti-aging treatment.

Botox® (botulinum toxin) and other neuromodulators, sold under the brand name Botox® Cosmetic/Jeuveau/Dysport/Xeomin, is an injectable neuromodulator that causes temporary paralysis of facial muscles. It is used to treat moderate to severe facial lines and wrinkles, and is most often placed to reduce or eliminate the appearance of crow's feet, forehead lines, and frown lines (furrows between the eyebrows). It can also be used as a non-surgical procedure to give the appearance of a fuller upper lip in what's known as the Lip lift the corners of the mouth, lift the eyebrows in a non-surgical brow lift, and remove chin dimpling. Botox® can also be used in non-cosmetic treatments, such as to reduce severe underarm sweating and teeth grinding or clenching.

### **The Cost of Botox® Cosmetic/Jeuveau/Dysport/Xeomin**

The cost of Botox® depends on the amount of product needed to reach each patient's cosmetic goals. The amount of neuromodulators you'll need depends on the number of areas treated as well as the strength of your facial muscles.

### **Botox® Cosmetic/Jeuveau/Dysport/Xeomin Treatments Are Long-Lasting**

Botox® and other neuromodulators start taking effect anywhere from five days to two weeks after treatment. You can expect to see your final results in two weeks, and the effects generally last between three and four months. There are several factors that contribute to how long they will last, including your unique metabolism, how active you are (those who engage in intense physical activity or cardio often will metabolize neuromodulators faster) and the depth and severity of your facial lines and wrinkles.

### **Neuromodulators Injection Treatments Are Fast, Safe, & Painless**

Neuromodulators injection treatments take approximately 15 minutes to complete. Botox® Cosmetic/Jeuveau/Dysport/Xeomin are one of the most common non-surgical treatments and risks are extremely rare. If side effects do occur, they are typically mild and include temporary flu-like symptoms, headache, and nausea.

All neuromodulators are administered using a syringe, but prior to treatment your provider will provide cold packs to numb the area to minimize discomfort from the treatment. After the injections are complete, you will be given an ice pack to reduce any swelling and/or redness.

### **Before & After**

Before injection, it's important **to avoid drinking alcohol and taking any blood thinning medications such as ibuprofen or aspirin**. Arrive at your appointment with a clean face (**no make-up**) and let your provider know which medications you are currently taking, as some may have adverse interactions with neuromodulators.

There is no downtime required after receiving your injections, however, it's important to avoid strenuous physical activity (such as working out, yoga, running, etc.) and being in elevated temperatures (in a sauna or steam room) for at least 24 hours. You'll also want to avoid lying down for at least four hours after your appointment to keep the toxin from spreading to other areas.