

Pre-Treatment Instructions for Neuromodulators (Botox, Daxxify, Dysport) at More Medical Aesthetics & Wellness

- **Consultation:** Ensure you have had a thorough consultation with Arleen More O'Ferrall, NP, to discuss your goals, medical history, and any concerns you may have regarding neuromodulator injections.
- **Medical History:** Inform Arleen More O'Ferrall about any medical conditions, allergies, medications (including supplements), or previous cosmetic procedures you have undergone.
- **Avoid Blood Thinners:** Refrain from taking blood-thinning medications such as aspirin, ibuprofen, or fish oil for at least one week before the treatment to reduce the risk of bruising.
- **Avoid Alcohol:** Minimize alcohol consumption for at least 24 hours before the procedure, as it can increase the risk of bruising and swelling.
- **Hydration:** Ensure you are well-hydrated before the treatment, as this can help optimize results and reduce the risk of complications.
- **Avoid Strenuous Exercise:** Refrain from intense physical activities or exercise that may increase blood flow to the treated area for at least 1 hour before the procedure.
- **Arrive Clean:** Arrive at the appointment with a clean face, free from makeup, lotions, or any other skincare products.
- **Comfortable Clothing:** Wear comfortable clothing to your appointment, as you may need to sit or lie down during the procedure.

Post-Treatment Instructions for Neuromodulators (Botox, Daxxify, Dysport) at More Medical Aesthetics & Wellness

- **Immediate Care:** Avoid touching or rubbing the treated area immediately after the procedure to allow the neuromodulator to settle properly.
- **Avoid Strenuous Activity:** Refrain from vigorous exercise or activities that may increase blood flow to the treated area for at least 12 hours post-treatment.
- **Avoid Heat:** Avoid hot tubs, saunas, steam rooms, or excessive sun exposure for at least 24 hours after the procedure to minimize the risk of swelling or complications.
- **Gentle Cleansing:** Cleanse your face gently with mild soap and water after the treatment, and avoid harsh chemicals or exfoliants for a few days.
- **Avoid Blood Thinners:** Continue to avoid blood-thinning medications and supplements for at least 24 hours after the procedure to minimize the risk of bruising.
- **Stay Upright:** Avoid lying down flat for at least 4 hours after the treatment to prevent the migration of the neuromodulator to unintended areas.
- **Follow-Up Appointment:** Schedule a follow-up appointment as recommended by Arleen More O'Ferrall to assess the results and address any concerns you may have.
- **Contact Information:** For any questions or concerns after the procedure, contact **Arleen More O'Ferrall at 414-793-9487** or More Medical Aesthetics & Wellness.

By following these pre- and post-treatment instructions, you can help ensure a smooth and successful neuromodulator experience at More Medical Aesthetics & Wellness.