

Neuromodulator Treatment Protocols

Botox® · Dysport® · Nuceiva® · Xeomin® · Letybo®

Patient Name: _____ Date: _____

Welcome to Sharief Aesthetics. Neuromodulators are a well-established, highly effective treatment for softening dynamic (movement) wrinkles. The procedure is quick, but close adherence to these protocols helps prevent complications such as product migration (a temporary droopy eyelid) and protects the long-term effectiveness of your treatment.

Pre-Treatment Preparation

1. Minimize Bruising

- Avoid alcohol for 48–72 hours before your appointment.
- If medically safe, avoid Aspirin, Ibuprofen (Advil/Motrin), Vitamin E, Fish Oil, and Ginkgo Biloba for 3–5 days prior. Do not stop any prescribed medication without checking with your physician.

Why: these thin the blood and increase the risk of bruising at the injection site.

2. Skin Condition

- Arrive with a clean face (no makeup) where possible.
- You must not have an active skin infection (rash, cold sore, acne cyst) in the treatment area — we cannot inject through infected skin.

3. Other Treatments

- Do not schedule chemical peels, microneedling, or aggressive facials for 1 week before your appointment.

Why: inflammation or swelling from other treatments can obscure your natural anatomy and lead to inaccurate dosing.

Post-Treatment Recovery

Phase 1 — The First 4 Hours (the "migration zone")

- Stay upright — do not lie flat — for 3 hours.
- Do NOT rub, massage, or apply pressure to the treated area for 4 hours.
- Avoid tight hats or headbands that press on the forehead.

Why: the product needs time to bind to the nerve receptors. Lying flat or rubbing can push it into unintended muscles (for example, from the forehead down toward the eyelid), causing temporary drooping (ptosis).

Phase 2 — The First 48–72 Hours

- Avoid strenuous exercise, heavy lifting, saunas, and hot yoga for 48–72 hours.

Why: raised heart rate and blood pressure can increase bruising and may disperse the product faster than intended.

Phase 3 — The 2-Week "Quiet Zone"

- No facials, facial massage, microneedling, or laser treatments for 14 days after injection.

Why: manipulating the tissue or heat-driven circulation can move or dilute the product before it has fully settled.

Phase 4 — Results, Follow-Up & Touch-Ups

- Onset varies by product — some begin working within a few days; others take the full two weeks.

- Be patient: do not judge your final result before 14 days.
- Your follow-up is at 14 days. If a small correction is needed, a touch-up is done within the **14–21 day window**. 21 days is the maximum.
- After 21 days we do not touch up — we wait the full **3 months (12 weeks)** before re-treating.

Why: frequent or late re-dosing can, over time, reduce how well the product works (antibody resistance). The 12-week minimum and the 21-day touch-up cap protect your long-term results — even if you are very physically active and notice it fading a little sooner.

When to Contact Us

- **Routine questions:** 902-423-7919
- **After-hours concerns** (unusual bruising, asymmetry, or drooping): 902-340-2023

MEDICAL EMERGENCY — call 911 or go to the nearest emergency department immediately for signs of a severe allergic reaction: difficulty breathing or swallowing, or swelling of the tongue, lips, or throat.