



NEUROMODULATORS

IDEAL CANDIDATES

Women and men between the ages of 18 and 70 who would like to temporarily improve the appearance of frown lines, smile lines or forehead lines.

A consultation with Dr. Esche will help determine if neuromodulators are right for you.

HOW DOES IT WORK

Neuromodulators are the most popular cosmetic procedure in the world.

Botulinum toxin is a purified protein that is FDA-approved for the **temporary relaxation of the muscles that cause frown lines (11's) and smile lines (crow's feet).**

This non-surgical injection is also commonly used off-label to temporarily reduce or eliminate wrinkles in other areas.

ARE THERE DIFFERENT TYPES OF NEUROMODULATOR TREATMENTS?

Yes. Botox[®] Cosmetic (Allergan) and Dysport[®] (Galderma) are both derived from botulinum toxin Type A. **One unit of Botox is equipotent to 3 units of Dysport.**

Dysport lasts 4 months in 80% of patients, 3 months in 10% and 5 months in 10%.

In contrast, Botox lasts 3 months in most. That means that if one is treated regularly, which is ideal for progressive softening of fine lines, one would use Dysport 3 x per year and Botox 4 x per year. Therefore, Dysport saves 1 trip per year.

ALTERNATIVES

Alternatives for the treatment of wrinkles include prescribed retinoids (Retin A[®] or Renova[®]), over the counter retinoids (retinol), fractional radio-frequency treatment, chemical peels, dermabrasion, laser resurfacing, surgical removal of the frown muscles, forehead/brow lift, facelift, and collagen or hyaluronic acid treatments.

OUTCOMES

Neuromodulators will typically take effect by **the third day**, will maximize by the end of **the third week**, and will last about **3 months**. Neuromodulator treatments vary in effect and duration from patient to patient.

MAINTENANCE

Frequently, Dr. Esche will recommend that neuromodulator injections be repeated every 3 to 4 months. With repeated treatments, some patients will notice that the effect of the neuromodulator lasts longer.

ANESTHESIA

Topical anesthetic cream

WHO?

Dr. Esche

LENGTH OF PROCEDURE

Treatment sessions are typically 15 - 20 minutes.

INVASIVENESS

Very low

RECOVERY TIME

Unlike surgery, neuromodulator injections are fast, simple and minimally invasive, with **no downtime or recovery**. Almost everyone returns directly to normal activities following treatment.

PREPARATION

Medications to possibly discontinue 7 days before treatment include

Aspirin

Excedrin

Ibuprofen (Motrin, Aleve, Advil)

St. John's Wart

Omega 3 Fatty Acids

Vitamin E

Ginko Bilboa

Ginseng

CONTRAINDICATIONS

Pregnancy, breastfeeding and neurological conditions such as **myasthenia gravis, Eaton-Lambert syndrome, and Lou Gehrig's disease**.

- Neuromodulators are also contraindicated in anyone taking aminoglycoside antibiotics because aminoglycosides may interfere with neuromuscular transmission and potentiate the effect of neuromodulators.
Commonly used brand names include: Amikin® (amikacin), Garamycin® (gentamicin), and Tobrex® (tobramycin).
- In addition, neuromodulators are contraindicated in anyone taking calcium channel blockers. Commonly used brand names include: Adalat® and Procardia® (nifedipine), Cardizem® (diltiazem), Isoptin® (verapamil), and Norvasc® (amlodipine).
- Curare like non-depolarizing blocker, lincosamide, polymyxins, magnesium sulfate, succinylcholine, and quinidine may also increase the potency of neuromodulators and should not be taken.

AFTER CARE INSTRUCTIONS

Please do not rub the treatment area for 4 hours. This could lead to spread of the neuromodulator to other areas, and increased side effects.

Try to stay upright for at least 4 hours after treatment. Also do not work out on the day of treatment. This includes weightlifting, any cardio activity, pilates and yoga.

You may actively move the treated areas during this time, as this may help to increase the response of the neuromodulator-targeted muscles.

SIDE EFFECTS

There is no known permanent side effect of neuromodulator therapy for wrinkles. There are, however, several well-known side effects that are temporary. These include but are not limited to the following:

- ***Bruising.*** This side effect generally clears within 7-10 days. Medications that increase the risk of bruising include Vitamin E, Aspirin[®], Motrin[®] and other non-steroidal anti-inflammatory drugs. **I understand that if I have taken any of the above within the past 7 days, I have an increased risk of bruising.** Bruising is also a significant risk with the use of blood thinning medications such as Coumadin[®] or Pradaxa[®]. **I understand that if I am taking a blood thinning medication, neuromodulator therapy may result in significant bruising and may not be recommended.**
- ***Asymmetry.*** If present, noticed within the first 2 weeks of therapy. It may be corrected with 'touch-up' injections, if necessary.
- ***Headache.*** Related to the actual injections, is usually mild and transient lasting less than 24 hours. It may be relieved with Tyleno[®].
- ***Discomfort at the injection site.*** Similar to headache above, is usually mild, transient, and relieved with Tyleno[®].
- ***Muscle twitching.*** Unusual, transient, and if persistent may be corrected with 'touch-up' injections.
- ***Numbness.*** Actually a change in sensation noticed by some patients in the treated areas, better described as 'dullness.' It is usually only noticed for a few days. Treatment is not necessary.
- ***Drooping eyelid / eyebrow or double vision.*** This is usually mild and typically lasting for 2-4 weeks. May be treated with patching of the affected eye or eye drops such as apraclonidine 0.5%, neosynephrine hydrochloride 2.5% or brimonidine 0.1%.
- ***Lightly swollen pinkish bumps.*** They occur where the injections went in and typically last for a couple of hours.

- **Infections.** They are easily treatable but in rare cases a permanent scarring may occur.
- **Allergic reactions.** Very rare.

ADDITIONAL PROCEDURES TO ENHANCE RESULTS

Forever Young BBL, Fractora RF microneedling, and dermal fillers can be used to augment and accentuate your results.

INVESTMENT

Your investment varies depending on individual goals, targeted areas, and number of treatments.

ARE YOU INTERESTED IN NEUROMODULATOR TREATMENT?

Schedule your consultation now by emailing us at hello@beautifulskin.institute or by calling 703-707-6339