

Neuromodulator and Filler Instruction Sheet

Before your appointment:

To minimize the chance of bruising, it is helpful (but not necessary) to stop the following medications:

7 days prior

1. Please avoid taking aspirin or aspirin-containing medications.
2. Please avoid non-steroidal anti-inflammatory medications such as ibuprofen (Advil, Motrin), naproxen (Aleve, Naprosyn), and others.
3. Other products that may increase bleeding include large amounts of garlic and garlic supplements, diets rich in nuts, Vitamin E, St. John's Wort, Ginkgo, Omega 3/Fish Oils, Feverfew, Ginko, Ginseng, Airborne, and other herbal supplements.
4. **Filler Patients Only**
 - a. Numbing – You will have a separate numbing appointment 30 minutes prior to your filler appointment.
 - b. Lip Area Treatments - Please notify us if you have a history of cold sores.
 - c. **Pain Management:** Most patients do very well with topical numbing. However, if you are very sensitive or nervous, please ask about Pro-Nox Nitrous Oxide.

3 days prior

1. Stop alcoholic beverages.
2. Consider taking arnica and/or bromelain supplements.

After your appointment:

Botox Patients

1. Do not rub or massage the treated area(s).
2. Do not exercise or lay down for the first 4-6 hours.
3. If you experience a headache, take either Tylenol or Advil. Headaches are considered a normal side effect.
4. Touch Ups: We recommend waiting 2 weeks for Botox and Xeomin and 3 weeks for Daxxify.

Filler Patients

1. You may experience swelling and bruising that will subside in 1-7 days. Apply Arnica gel to bruised areas daily.
2. You may apply makeup 24 hours after injections are complete.
3. If you have extensive bruising, please call the office. Lasers can help reduce the duration and amount of bruising.
4. Minimize exposure of the treated area to excessive sun or UV lamp exposure and extreme cold weather until any initial swelling or redness has gone away.
5. Avoid dental work for 2 weeks before and after your filler treatment.

Sculptra Patients

1. Massage face 5x/day for 5 days as instructed by your physician.

Pricing:

<u>Neuromodulators</u> (per unit)	<u>Filler – Juvederm</u> (per syringe)	<u>Filler - Revance</u> (per syringe)	<u>Filler - Other</u> (per vial/syringe)
Botox - \$15	Ultra - \$850	RHA 2 - \$850	Sculptra - \$990
Daxxify - \$12	Ultra Plus - \$850	RHA 3 - \$850	Belotero - \$950
Xeomin - \$15	Vollure - \$850	RHA 4 - \$850	Restylane Lyft - \$850
(Must purchase 50 units for Xeomin)	Volbella 0.55 cc - \$650	RHA Redensity - \$950	Radiesse - \$900
	Volbella 1 cc - \$950		PRFM - \$900 (blood draw included)
<u>Skin Hydrator</u>	Voluma - \$900		
SkinVive (2 units) - \$950	Volux - \$990		

Pro-Nox Add-On: Nitrous Oxide for Pain Management - \$100



Kybella Instruction Sheet

Kybella is a prescription medication approved for the reduction of moderate to severe fat below the chin (aka “double chin”). After a sequence of treatments, patients can see a significant reduction of their neck fat without any cutting or sucking fat away.

Kybella is also being used as a treatment for the reduction of other small fat pooches or bulges, such as jowls, knees, bra, underarms, etc. Ask your Dermatologist for details.

Before your appointment:

In order to minimize the chance of bruising, it is helpful (but not necessary) to stop the following medications **one week** prior to your appointment:

1. Please avoid taking aspirin or aspirin containing medications such as Ecotrin, Bufferin, Anacin, Alka-Seltzer.
2. Please avoid non-steroidal anti-inflammatory medications such as ibuprofen (Advil, Motrin), naproxen (Aleve, Naprosyn), and others.
3. Other products that may increase bleeding include large amounts of garlic and garlic supplements, diets rich in nuts, Vitamin E, St. John’s Wort, Ginkgo, Omega 3/Fish Oils, Feverfew, Ginko, Ginseng, Airborne and other herbal supplements.
4. Numbing Cream – Please pick this up at our office. Apply 1 hour prior to your appointment time. It does increase the comfort of your treatment. Our office will order the cream for you from our compounding pharmacy.

Morning of the treatment:

1. Men should shave their neck and the area beneath the chin the morning of their treatment.
2. In order to reduce immediate swelling, bruising and discomfort after the treatment, please take the following 1 hour prior to your treatment. These will not affect your risk of bruising.
 - a. Ibuprofen 400 mg (2 Advil Tablets) and
 - b. Extra-Strength Tylenol (500 mg acetaminophen)

After your appointment:

1. You may apply ice immediately after the treatment for 10-15 minutes as needed to help reduce discomfort.
2. Expected side effects are redness, swelling, bruising, tenderness to the touch, and occasionally numbness that may last several weeks after the treatment.
3. You may apply makeup as soon as the next day after the treatment is completed.
4. Treatments are spaced 6-8 weeks apart. Typically 4 sessions are required to achieve the desired results. Patients will need 4-6ml’s per treatment session.
5. Please call us if you develop an asymmetric smile, facial muscle weakness, difficulty swallowing, or if existing symptoms worsen.

Pricing:

- Kybella - \$300/ml
- The average cost per treatment is:
 - \$900-1800 for double chin
 - \$300-600 for jowls

