

Botox Pre and Post Care



- This treatment is not recommended if you have an important event within 2 weeks of injection due to potential for bruising.
- Avoid herbal supplements such as Ginkgo, green tea and anti-inflammatories of any kind for 2 weeks before and after treatment to limit bruising.
- For the first 5-6 hours following Botox/Dysport/Xeomin, remain upright and periodically perform facial movements in the areas of injections in order for the serum to work into muscle- e.g. smile, squint, etc.
- Do not participate in activities that include heavy lifting, vigorous exercise or straining for 2-3 hours after procedure (you want to avoid increased circulation)



- Do not rub, touch, or manipulate Botox/Dysport/Xeomin for 6 hours.
- Avoid irritating products for 24 hours after procedure.
- Make-up may be applied gently before leaving the office, remember to wipe up and away from eyes or brows.
- Bruising in the area injected is normal and often expected, especially if treated around the eyes. Bruising can last up to several weeks. Using/taking Arnica may help diminish bruising.

- It may take up to 14 days for Botox/Dysport/Xeomin to take full effect.
- A follow up visit at 10 days to 2 weeks is suggested to assess results for subsequent treatments, particularly if you are a first time client. If full correction is not achieved, you will need to purchase additional Botox/Dysport/Xeomin units at the time of your subsequent visit.
- Re-treatment is typically needed between 2-6 months.
- Regular injections usually yield a longer lasting Botox/Dysport/Xeomin result.
- If your upper lip was treated you may not be able to fully drink through a straw, whistle, or enunciate some words for approximately 2 weeks.
- Although rare, infection in the injected area is possible. Signs of infection may include redness, and tenderness in the infected area and fever. If those signs develop please call us immediately.
- We recommend avoiding Retin-A, Glycolic Acid, Vitamin C, and Kinerase for 24 hours after procedure to the treated areas.