



AMAZING SKIN AESTHETICS

6819 Warner Avenue  
Huntington Beach, CA 92647  
(714) 848-2232

## Post Muscle Relaxant Care Instructions

Congratulations on your treatment! To maximize your results and minimize the risk of bruising or migration, please follow these guidelines closely.

### 1. Immediate Activity & Movement

- **The "Face Workout":** For the next hour, feel free to gently exercise your facial muscles (smile, frown, and squint). This helps the toxin bind to the targeted muscles.
- **Stay Upright:** Keep your head elevated and **do not lie down or bend over** for at least **4 hours** following your injections. This prevents the toxin from migrating to unintended areas (like the eyelids).

### 2. Physical Restrictions (24–48 Hours)

- **No Touching:** Do not rub, massage, or apply firm pressure to the treated areas for 24 hours.
- **Exercise:** Avoid strenuous physical activity or heavy lifting for **24 hours**. Increased blood flow can "wash out" the product before it fully binds.
- **Heat Exposure:** Avoid intense heat for 24–48 hours. This includes saunas, hot tubs, tanning beds, or very hot showers.

### 3. Skincare & Makeup

- **Cleanliness:** You may gently wash your face tonight with a mild cleanser, but use light circular motions. Avoid Clarisonic brushes or facial massages.
- **Makeup:** We recommend waiting until tomorrow to apply makeup to ensure the injection sites have closed completely.
- **Facials & Treatments:** Wait at least **2 weeks** before having facials, chemical peels, microneedling, or laser treatments.

### 4. Managing Side Effects

- **Bruising & Swelling:** Minor swelling (small "bee stings") is normal and usually subsides within 30 minutes. If bruising occurs, you may apply a cold compress (no pressure) and take Arnica Montana supplements.
- **Headaches:** A mild headache is common after treatment. You may take Tylenol (Acetaminophen) as directed. Avoid Advil/Motrin/Aspirin for 24 hours as these can increase bruising.



AMAZING SKIN AESTHETICS

6819 Warner Avenue  
Huntington Beach, CA 92647  
(714) 848-2232

## 5. Your Results & Timeline

- **Initial Effect:** You may begin to feel "tightness" in 3–5 days.
- **Full Results:** It takes a full **14 days** to see the final results. Please wait the full two weeks before assessing your look.
- **Touch-ups:** If you require a "sprinkling" or adjustment, please schedule your follow-up between **day 14 and day 21**.

---

### ⚠ When to Call Us

While rare, please contact Amazing Skin Aesthetics immediately at **(714) 848-2232** or seek medical attention if you experience:

- Difficulty swallowing, speaking, or breathing.
- Drooping of the eyelid (ptosis) or blurred vision.
- Signs of an allergic reaction (hives, severe itching, or significant swelling).

**Pro-Tip:** Consistency is key! To maintain your smooth results, most clients find that booking every 3 to 4 months is the "sweet spot" before muscle movement fully returns.