

NATURALLY BEAUTIFUL AESTHETICS



Tox PRE & Post Care Instructions

Botox Pre-Care Instructions

To minimize bruising and ensure the best results, please follow these guidelines before your appointment:

7 Days Before Treatment

Avoid blood-thinning medications and supplements (unless medically necessary and prescribed by your provider):

- Aspirin
- Ibuprofen (Advil, Motrin)
- Naproxen (Aleve)
- Fish oil / Omega-3
- Vitamin E
- Ginkgo biloba
- Ginseng
- Garlic supplements
- St. John's Wort

These increase the risk of bruising.

3–5 Days Before

- Avoid alcohol
- Avoid waxing, threading, or chemical peels in the treatment area
- Avoid facials or aggressive skin treatments

24 Hours Before

- Stay well hydrated
- Come with clean skin (no makeup if possible)

The Day of Your Appointment

- Eat a normal meal (helps prevent lightheadedness)
- Take Tylenol if needed for discomfort (avoid NSAIDs)
- Inform your provider if you have:
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 - Any infection, cold, or flu (current or recent)
 - Recent dental work
 - Pregnancy or breastfeeding
 - History of neuromuscular disorders
 - Previous facial surgery

Optional (Bruise Prevention – if appropriate for your patients)

You may start:

- Arnica tablets/gel
- Bromelain

Pro Tip for Best Results:

Schedule your Botox at least 2-3 weeks before a special event.

Contraindications (Do Not Treat If)

- Pregnant or breastfeeding
- Active skin infection at injection site
- Small bumps at the injection sites are normal and usually resolve within **30–60 minutes**.
- Results begin to appear in **2–7 days** and reach full effect at **14 days**
- If a touch-up is needed, it will be scheduled **after 2 weeks**.

Botox Post Care Instructions

What to Expect After the Procedure

- Small bumps at the injection sites are normal and usually resolve within **30–60 minutes**.
- Results begin to appear in **2–7 days** and reach full effect at **14 days**
- If a touch-up is needed, it will be scheduled **after 2 weeks**.

For the First 4–6 Hours

- Remain **upright** (do not lie flat).

- Avoid **touching, rubbing, or massaging** the treated areas.

For the First 24 Hours

- Avoid:
- Strenuous exercise
- Excessive heat (saunas, hot tubs, steam rooms, hot yoga)
- Alcohol
- You may **wash your face gently** the evening of treatment.
- Light skincare is fine — just **no pressure or exfoliation**.

Making normal facial expressions is OK and may help the product settle.

For the First 24–48 Hours

- Avoid:
- Facials
- Microdermabrasion
- Chemical peels
- Laser treatments
- Wearing tight hats or headbands **if the forehead was treated**

Makeup & Skincare

- Makeup may be applied **the next day** using gentle pressure.
- Avoid abrasive scrubs, exfoliants, or facial devices (e.g., Clarisonic) for **24 hours**.

Possible Side Effects

These are normal and temporary:

- Mild swelling or tenderness
- Small bruises (may last **up to 7 days**)
- → Arnica (topical or oral) may help speed resolution
- Headache
- → Use **Tylenol (acetaminophen)** if needed
- → Avoid ibuprofen, aspirin, and naproxen for 24 hours if possible
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Less common:

- Temporary eye dryness or heaviness
- → Use lubricating eye drops if needed

When to Contact Us

Please call us if you experience:

- Difficulty swallowing or speaking
- Drooping that concerns you
- Vision changes that persist
- Any symptoms that feel unusual or severe