

Neurotoxin Post-Treatment Instructions

[Tori's Treatments](#)

Thank you for choosing **Tori's Treatments** for your neurotoxin treatment (Botox®, Jeuveau®, Dysport®, Xeomin®, etc.)! Please follow these instructions to help ensure the best possible results.

Immediately After Treatment

For the first **4 hours**:

- Remain upright
 - Avoid lying flat
 - Avoid rubbing, massaging, or applying pressure to treated areas
 - Avoid hats, tight headbands, or anything pressing on the injection sites
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For the First 24 Hours

Please avoid:

- Strenuous exercise
- Excessive sweating
- Saunas, steam rooms, or hot tubs
- Facial massages or facials
- Chemical peels, microneedling, or laser treatments
- Alcohol in excess

You may:

- Wash your face gently
 - Apply makeup lightly after a few hours if desired
 - Use a cold compress gently if swelling occurs
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Common Side Effects

It is normal to experience:

- Mild redness
- Small bumps at injection sites
- Tenderness

- Mild swelling
- Bruising
- Temporary tight or “heavy” feeling

These effects typically resolve within hours to several days.

Results Timeline

- Initial effects may begin in **3–7 days**
 - Full results are usually seen around **14 days**
 - Results typically last **3–4 months**
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Important Information

- Minor asymmetry during the settling period can be normal.
 - Touch-ups, if needed, are typically evaluated after 2 weeks.
 - Contact your provider if you experience:
 - Difficulty swallowing or breathing
 - Significant eyelid drooping
 - Vision changes
 - Signs of infection
 - Severe or worsening symptoms
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Tips for Best Results

- Stay hydrated
 - Avoid excessive sun exposure
 - Keep up with regular maintenance appointments
 - Follow your provider’s recommendations for timing of future treatments
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Thank you for trusting [Tori's Treatments](#). We appreciate the opportunity to be part of your aesthetic journey!