

## **Botox before and Aftercare**

Before getting Botox treatment, ensure that your skin is free of dirt, makeup, or moisturizers. Use a mild cleanser and some water. When you are sure that your skin is clean, pat it dry with a dry towel. Before administering the injection, the doctor may clean your skin with some antiseptic and rubbing alcohol.

A week before you get Botox injections and dermal fillers, stop taking: aspirin, ibuprofen, Excedrin, Motrin, ginkgo biloba, ginseng, flax oil, cod liver oil, fish oil, vitamin A, vitamin E and other essential fatty acids. Also, avoid drinking alcohol and caffeine a few days before your treatment.

Botox is an injectable cosmetic drug that temporarily paralyzes your muscles. It uses onabotulinumtoxin A, a neurotoxin produced by bacteria called *Clostridium botulinum*.

At high concentrations, the toxin causes botulism poisoning. Botulism is a serious form of muscle paralysis that's associated with contaminated food.

Botox injections are considered safe. The injection uses a diluted amount of toxin to stop muscles from contracting which helps wrinkles soften and relax.

Most people use Botox to reduce the appearance of facial wrinkles. It's also used to treat conditions like:

- chronic migraine
- hyperhidrosis (excessive sweating)
- overactive bladder
- lazy eye
- cervical dystonia (neck spasms)

Technically, the term "Botox" is the brand name of a drug. Other types of botulinum toxin type A injections are available under different brand names, like Dysport and Xeomin.

The aftercare for these drugs is similar. This collectively refers to all botulinum toxin injections as "Botox."

### **Botox aftercare instructions**

The goal of Botox aftercare is to encourage optimal treatment results. It can also minimize the risk of bruising and spreading to other areas.

Generally, on the day you get Botox, it's a good idea to:

- Gently exercise your face
- Relax for the rest of the day
- Maintain a normal heart rate

- Avoid touching, rubbing, or physical pressure on the affected area
- Leave the treated area alone

You can also follow the best practices for Botox aftercare below.

### **Return to your normal activities**

Botox injections don't require any recovery time. Therefore, you won't have to take off work or school. You can resume your usual activities right after.

### **Wait 24 hours to exercise**

If exercise is part of your daily routine, wait at least 24 hours to work out. Your doctor might suggest waiting for several days.

Physical activity increases blood flow. This could potentially spread the toxin to unintended areas and reduce its effectiveness at the injection site. It also increases the risk of bruising.

Exercise also contracts your muscles, which may decrease the toxin's effectiveness.

However, it's safe to do facial exercises like:

- Frowning
- Smiling
- Raising your eyebrows

These movements can help the effects of Botox show up sooner.

### **Go makeup-free**

If you received a Botox injection in your face, take a break from makeup for 24 hours. Applying makeup will rub the skin, potentially dispersing the toxin.

### **Sit up**

Sit up for the first 4 hours after getting Botox. Bending or lying down might spread the toxin and promote bruising.

### **Ask your doctor about medications**

Some medications might increase your risk of bruising. Be sure to ask your doctor when it's safe to start taking them again.

### **Aftercare precautions**

Botox aftercare also includes some precautions. On the day of your procedure, here's what you should keep in mind.

### **Don't drink alcohol**

Before getting Botox, you'll be asked to avoid alcohol for 24 hours. Alcohol increases the risk of bruising.

This holds true after the procedure, too. Wait at least 24 hours after your injection before consuming alcohol.

### **Don't touch your face**

To avoid spreading the toxin, don't touch your face for at least 1 day. Some doctors suggest waiting 3 days.

If you got Botox in another part of your body, you should also avoid touching those areas.

This includes professional massages on the treated areas. It's best to schedule your next massage for several days later.

### **Avoid other skin treatments**

Botox needs some time to settle into the muscle. For the first 24 hours, avoid other skin treatments like:

- facials
- facial massages
- exfoliating scrubs
- dermal fillers

Getting these treatments too soon may reduce the effectiveness of your injections.

### **Don't sleep on the treated areas**

Try your best to avoid sleeping on the injected areas. This will minimize the physical pressure and let the Botox settle into your muscles.

Also, avoid sleeping within 4 hours after your procedure.

### **Stay out of the sun**

Avoid sun exposure for at least 4 hours. The heat can promote flushing and increase your blood pressure, which may encourage bruising. To be extra safe, avoid the sun for 24 to 48 hours.

It's also best to avoid other forms of heat exposure, such as:

- tanning bed
- hot tubs
- hot showers or baths
- saunas

### **When to see a doctor**

After getting Botox, it's typical to have redness, tenderness, and swelling. These side effects usually disappear in 1 day.

Bruising is also common. You can apply a pack of ice for relief. The bruising should go away in about 2 weeks.

But if you notice any of the following effects, get medical help:

- muscle weakness
- trouble swallowing
- difficulty speaking
- difficulty breathing
- poor bladder control
- vision changes

Although these side effects are rare, they warrant immediate medical attention.

#### 1. Is there anything I should not do after BOTOX?

Botulinum Toxin is a quick and safe procedure that has very little impact on usual activity on the day of injection. We deliver tiny injections to relax the action of the muscles that create excessive movement. These movements create 'dynamic wrinkles' over time. We recommend the following precautions to allow the anti-wrinkle injections to work optimally in the targeted muscles:

No rubbing or massaging of the injected area for 4 hours after treatment, including facials.

No strenuous exercise for 24 hours after treatment.

Keep upright for 4 hours — no lying on your front. Minimise activities such as shoe shopping.

Avoid headwear that is tightly fitted across the forehead.

Reduce excessive alcohol consumption or medically necessary blood-thinning medication before the treatment to prevent bruising.

#### 2. How soon after can I go back to my normal exercise regime?

Patients can resume normal daily activities immediately following treatment. Light exercise can be performed after 4 hours but it is recommended that strenuous activities are avoided for 24 hours.

After 4 hours you may perform light exercise such as:

Walking

Jogging

Upright yoga (avoid any positions that leave you lying flat or upside down)

Gardening

It is recommended that you wait 24 hours before attempting any strenuous exercise, including:

Weight training

Cross-training

Long-distance running

Yoga (positions where the body is inverted)

### 3. Are there any possible side effects?

In most cases, there will be no side effects to treatment of BOTOX®. However, because everybody's physiology is different, people can be affected in different ways. A small minority of people reported the following side effects.

**Bruising** — For the majority of patients, the area of injection will appear no different. For a small minority, some minor bruising may occur.

**Bumps** — A few minutes after treatment small bumps may be visible on the skin. These will disappear very quickly.

**Headache** — True BOTOX® allergies are exceedingly rare. Temporary headache is the most commonly reported symptom following anti-ageing injectables, though the numbers of patients who report headaches is very small compared with the number of treatments performed. Any headache can be treated with usual painkillers.

### 4. How soon can I drink alcohol after my muscle relaxant treatment?

We advise limiting alcohol in the first 24 hours and for the day prior to treatment. This is because alcohol can thin the blood much like an aspirin, and abstaining can help prevent bruising.

### 5. What are the symptoms of a reaction to BOTOX®?

Generally, BOTOX® injections side effects are rare and recovery is swift. Your practitioner is available should you have any questions or concerns over minor side effects such as bruising and headache.

### 6. Am I allowed to touch my face after having anti-wrinkle injections?

Yes. Your face will not feel overly sore or tender. Treatment will not prevent you from washing or continuing with your normal skincare regimen. However, you are advised to avoid rubbing or massaging your face for up to 4 hours after your last treatment.

#### 7. Are BOTOX® injections long-lasting?

Although some people experience longer-lasting results, scientific evidence shows that the effect of Botulinum Toxin injections usually last 12-16 weeks.