



Post-Treatment Instructions

Botulinum Toxin (Botox® , Xeomin® , Dysport® , Jeuveau® , Daxxify® , Letybo®)

Ageless Radiance Renewal & Wellness

6643 Old Dominion Drive, Suite 201B

McLean, VA 22101

571-581-7755

AgelessRadiance.org

Immediately After Treatment

- Small bumps at the injection sites are normal and usually resolve within 20–60 minutes.
 - Mild redness, swelling, tenderness, or bruising may occur.
 - A slight headache or pressure sensation can occasionally occur within the first 24 hours.
-

What To Do After Treatment

Stay Upright

Remain upright for at least 4 hours following treatment. Avoid lying flat.

Facial Movements

Gently move the treated muscles (frowning, raising eyebrows, squinting) several times during the first hour. This may help the medication bind to the targeted muscles.

Bruising Prevention

To minimize bruising:

- Apply cold compresses for 10 minutes at a time if needed
- Take Arnica montana tablets or topical Arnica gel for several days after treatment

- Avoid alcohol the day of treatment
-

What To Avoid for 24 Hours

Avoid the following activities for the first 24 hours:

- Rubbing or massaging the treated areas
- Strenuous exercise
- Hot yoga, saunas, steam rooms
- Facials, chemical peels, microneedling, or laser treatments
- Alcohol consumption
- Excessive heat exposure

These precautions help prevent the medication from migrating to unintended muscles.

When Will Results Appear?

- Initial results may begin in 3–5 days
- Full results typically appear within 10–14 days

Daxxify may sometimes take slightly longer to fully develop.

How Long Results Last

Average duration:

- Botox / Xeomin / Jeuveau / **Letybo**: 4 ~ 6 months
- Dysport: ~3–4 months
- Daxxify: ~6 months or longer in some patients

Individual results may vary depending on muscle strength, metabolism, and treatment area.

Bruising Management

Bruising is uncommon but can occur due to the small facial blood vessels in injection areas.

Helpful measures include:

- Arnica montana tablets (homeopathic)
- Topical Arnica gel
- Bromelain supplements
- Cold compresses during the first 24 hours

Most bruises resolve within 3–7 days.

Possible Temporary Side Effects

These are uncommon but may occur:

- Mild headache
- Temporary eyelid heaviness
- Bruising
- Asymmetry during early onset phase
- Injection site tenderness

If any unusual symptoms occur, please contact the office.

When To Contact Our Office

Please call Ageless Radiance Renewal & Wellness if you experience:

- Difficulty swallowing or breathing
- Vision changes
- Severe or worsening swelling
- Significant asymmetry after 2 weeks

Telephone: 571-581-7755

Follow-Up

We recommend a 1-2 week follow-up visit to evaluate results and determine whether a small adjustment is needed.

Thank you kindly for being our patient.



Dr. Alayna Smiley