

Botox Aftercare

What to Expect Post Treatment

- Immediately following the Botox treatment the skin may look raised like a bee sting at the injection site. This will resolve within an hour.
- The Botox effect will begin to take place in 2 days and continue with full results in 2 weeks.
- There is a risk of pinpoint bruising at the injection site which may take up to 10 days to fade. This can be covered by makeup.
- The Botox may settle unevenly over the 2 week period. It typically corrects itself but if needed, a touch up may be done at the 2 week mark.

How to Care for Your Skin

- Facial exercises in the injected areas are recommended for one (1) hour following treatment. This is to stimulate the binding of the toxin only to the localized area.
- Makeup may be reapplied before leaving the office.

What to Avoid

To prevent the possible side effects of ptosis (drooping of the eyebrows or eyelids) we do not want to increase circulation or manipulate the area where Botox was injected for 48 hours post injection.

- No straining, heavy lifting, vigorous exercise for 24 hours
- Do not wear a hat, helmet, goggles, lay face down such as on a massage bed or get a facial, peel or microdermabrasion after treatment with Botox for at least 48 hours. A facial, peel or microdermabrasion can be done in the same appointment only if they are done before Botox.
- Do not receive Botox within 3 weeks of an important event. Time may be needed to allow touch ups.