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Botox / Neurotoxin Post-Treatment Instructions

FIRST 4-6 HOURS

- Remain upright (do NOT lie flat or face down)
- Avoid touching, rubbing, or massaging treated areas
- Avoid excessive bending or pressure to the face

FIRST 24-72 HOURS

- Avoid strenuous exercise or sweating for at least 72 hours
- Avoid alcohol
- Avoid heat exposure (sauna, hot tubs, sun)
- Avoid tight hats or pressure on treated areas

MEDICATIONS & SUPPLEMENTS

- Avoid Aspirin, Motrin, NSAIDs
- Avoid Vitamin E, Fish oil, Flaxseed oil
- Avoid Garlic, Ginkgo Biloba, blood-thinning supplements

SKINCARE & TREATMENTS

- Avoid Retin-A, Tretinoin for 48 hours
- Avoid facials, lasers, peels, microneedling for 2 weeks

IMPORTANT RESTRICTIONS

- Do NOT massage treated areas for 10 days
- Avoid lying face down
- Avoid facial pressure treatments

WHAT TO EXPECT

- Results are not immediate
- Initial results 3-5 days

- Full results 10-14 days (up to 21 days)
- Mild redness/swelling/bruising normal

FOLLOW-UP

- Follow-up at 2-3 weeks
- Touch-ups only within this timeframe

WHEN TO CALL

- Increased pain, swelling, redness
- Blistering or itching
- Vision changes
- Difficulty breathing or swallowing