



BOTOX POST-TREATMENT CARE

Immediately after treatment:

- Please stay upright for 4 hours.
- Please avoid strenuous exercise for 24 hours.
- Airline travel is not recommended within the first 24 hours.
- Do not have a face-down massage or facial for 24 hours.

Botox results begin to be seen at 5 days and are typically fully present at 2 weeks. If you have “Medium” to “Full” treatment, Botox tends to last 3-4 months. If you choose “Light” or “Micro” Botox, people tend to want treatment every 2 months as lower doses don’t last as long. Please note what you like about your results at their peak and what you might change so that we can further customize your treatments over time.

Bruising can occur with any injectable treatment. If you do experience bruising, one can use yellow tinted cover-up, regular cover-up and/or topical or homeopathic Arnica Montana.

Bruising is more common in patients taking aspirin, anti-inflammatories like ibuprofen, blood thinners, turmeric, fish oil, “Omegas”, crill oil, garlic capsules, vitamin E capsules and other systemic agents. Avoiding these items (if they are not prescribed) 1-2 weeks prior to your next treatment can be helpful in reducing the risk of bruising or reducing the size or number of bruises. We choose to use a 32-gauge needle for Botox/Xeomin for your treatments as it leads to the least pain and bruising.

If at two weeks or more you notice your far lateral brows overarching or if a friend has had that issue at an outside office, this can be easily remedied with a small amount of strategically placed Botox. Please call to come in for additional Botox.

If you are having difficulty such as an eyelid sitting lower than typical, this can rarely be seen with Botox, is temporary, can be helped with a medication, and we would recommend a recheck in the office.

We are grateful that you choose us for safe, customized and artistically designed care. Please call (818) 889-2739 or book a visit if you have any questions.