

Pre + Post Care

Botox

Pre-Treatment

- Please come to your appointment with no or minimal makeup
- Please do not use an exfoliator (chemical or granule)
- Avoid using any hot water on your skin, or having direct contact with sunlight

Post- Treatment

- Keep upright for 4 hours
- No strenuous exercise for 4 hours post-treatment (no jogging, weight lifting, yoga, etc.)
- No alcohol consumption or aspirin 48 hours post-injection
- No rubbing or massaging of the injected area for 4 hours after injection, including facials
- Bruising and/or redness is normal and should resolve in a few days.
- Results of your treatment may take up to 14 days to take full effect although many people will recognize the benefits in 3-5 days after treatment.
- It is best to wait for at least 12 hours before applying to make up