

Element

Medical Aesthetics

BOTOX PRE + POST CARE

Before Your Treatment — Pre-Care Instructions

- Avoid blood-thinning medications & supplements — If medically safe to do so, avoid aspirin, ibuprofen, naproxen, fish oil, vitamin E, turmeric, garlic supplements, and St. John's Wort for at least 7 days before your appointment to minimize bruising.
- Avoid alcohol — Do not consume alcohol for at least 24–48 hours before your appointment as it thins the blood and significantly increases bruising risk.
- Avoid dental procedures — Schedule any dental work at least 1–2 weeks before or after your Botox appointment to reduce the risk of spreading bacteria.
- No facial treatments beforehand — Avoid chemical peels, microneedling, laser treatments, and facial massages for 1 week prior to your appointment.
- Arrive with a clean face — Come with no makeup, sunscreen, or skincare products on the day of your appointment so your provider can clearly assess muscle movement and injection sites.
- Avoid vigorous exercise the day of — Strenuous activity increases circulation and can elevate bruising risk — take it easy the day of your appointment.
- Stay well hydrated — Drink plenty of water in the days leading up to your appointment.
- Disclose medications & conditions — Inform your provider of all medications (especially muscle relaxants, blood thinners, or any neuromodulators), neurological conditions, myasthenia gravis, pregnancy or breastfeeding, or previous Botox, Dysport, Xeomin, Jeuveau treatments and any reactions.

After Your Treatment — Post-Care Instructions

- Stay upright for 4 hours — Do not lie down, bend forward, or lower your head below your heart for at least 4 hours after treatment. This helps prevent the product from migrating to unintended muscles.
- Do not touch, rub, or massage the treated area — Avoid rubbing, pressing, or massaging the injection sites for 12 hours. Manipulating the area can cause the product to migrate and lead to unintended results such as drooping.
- Avoid strenuous exercise — Skip intense workouts, heavy lifting, and cardio for at least 24 hours after treatment. Increased blood flow can disperse the product before it has fully settled.
- Avoid heat exposure — Stay away from saunas, steam rooms, hot tubs, hot yoga, and prolonged sun exposure for at least 24–48 hours. Heat increases circulation and may cause increased bruising.
- Avoid alcohol — Do not consume alcohol for at least 24 hours after treatment as it increases inflammation and bruising.
- Skip facials and skin treatments — Avoid facial massages, chemical peels, microneedling, laser treatments, and any other facial treatments for 12 hours post-injection.
- Avoid sleeping on your face — Try to sleep on your back for the first night after treatment to avoid applying pressure to the injected areas.
- Be patient with results — Botox, Dysport, Xeomin, Jeuveau typically begins to take effect within 3–5 days, with full results visible around 14 days. Do not assess your results before the 2-week mark.
- Book your follow-up — A 2–3-week follow-up appointment is recommended to assess results and make any touch-up adjustments if needed.

Contact your provider immediately if you experience:

- Drooping of an eyelid or brow that worsens or does not improve
- Difficulty swallowing, speaking, or breathing
- Vision changes or double vision
- Signs of an allergic reaction: rash, itching, hives, or significant swelling
- Muscle weakness spreading beyond the treated area
- Signs of infection at injection sites: increasing redness, warmth, or pus

Botox, Dysport, Xeomin, Jeuveau results typically last 3 months, though this varies by individual, treatment area, and muscle strength. Always wait the full 2 weeks before assessing your results — what looks uneven at day 3 is often perfectly balanced by day 14.