

Neurotoxins (Botox, Dysport, Jeuveau)

POST-TREATMENT CARE PROTOCOL

IMMEDIATE POST-TREATMENT (HOURS 1-4)

Keep Head Upright

Do not lie down, lean completely forward, or recline for at least 4 hours immediately following your injections. Keeping your head elevated prevents the neurotoxin from migrating to unintended adjacent muscles, which can cause temporary eyelid or eyebrow ptosis (drooping).

Facial Exercise

Gently exercising the treated facial muscles (frowning, squinting, lifting your eyebrows) for the first hour can help the product bind to the targeted muscle receptors. However, do not force or manually massage the tissue.

No Touching

Avoid rubbing, massaging, or applying firm pressure to the injection sites. Do not apply makeup or heavy skincare for the first 4 hours to let the micro-injection points close completely.

FIRST 24-48 HOURS

Avoid Strenuous Exercise

Postpone high-intensity workouts, heavy lifting, or cardio for 24 to 48 hours. Increased blood circulation can potentially flush the product away from the precise injection targets before it fully binds.

Avoid Excessive Heat

Stay away from saunas, steam rooms, hot tubs, facials, or direct chemical peels for the first 48 hours.

Alcohol & Medications

Limit alcohol consumption and avoid blood thinners like aspirin or ibuprofen for the first 24 hours to reduce the risk of localized bruising at the needle entry points.

DAYS 3-14

Onset of Results

You will begin to notice a gradual softening of dynamic lines between days 3 and 7. Full, definitive results and maximum muscle relaxation take a full 14 days to settle.

Follow-Up

Asymmetry or slight movement may occur as the product takes effect unevenly across muscle groups. Allow the full 2 weeks to pass before assessing the final result or seeking a minor touch-up.