

Pre-and-Post Care Instructions

Neurotoxins (Botox & Xeomin)

Pre-Care Instructions:

Before Your Neurotoxin Appointment

Neurotoxins such as Botox and Xeomin are placed precisely into targeted facial muscles. While the treatment itself is quick and minimally invasive, proper preparation helps reduce bruising, swelling, and unnecessary inflammation.

Small adjustments before your appointment can make a meaningful difference in how smoothly your treatment goes and how comfortably you recover.

Why We Recommend Limiting Blood-Thinning Products

Neurotoxins are injected using very small needles, but anytime the skin is punctured, there is a possibility of minor bruising. Certain supplements and medications thin the blood, increasing the likelihood of bruising.

If medically appropriate, we recommend avoiding the following for 3–5 days prior to your appointment:

- Aspirin
- Ibuprofen (Advil, Motrin)
- Naproxen (Aleve)
- Fish oil
- Vitamin E
- Ginkgo biloba
- Alcohol (avoid 24 hours prior)

If you are prescribed blood thinners, do not discontinue them without physician approval. Your safety always comes first.

Why Clean Skin Matters

Arriving with clean, product-free skin allows for better visibility of muscle movement and more precise placement.

Please:

- Remove makeup if possible
- Avoid heavy creams or oils immediately before
- Inform us of any new medications, supplements, or recent cosmetic treatments

Clear communication ensures we customize your treatment safely and accurately.

When to Reschedule

If you are experiencing an active infection, cold sore outbreak, fever, or recent facial surgery, treatment may need to be postponed. Injecting into compromised or inflamed skin increases risk and may affect results.

We also recommend spacing neurotoxins by at least 2 weeks from vaccinations.

What to Expect Immediately After Treatment

Neurotoxin injections typically take 15–30 minutes. The procedure involves small, targeted injections into specific facial muscles.

Immediately after treatment, you may notice:

- Small raised bumps at injection sites
- Mild redness
- Slight swelling
- Occasional minor bruising

The small bumps are simply the product sitting under the skin and typically resolve within 20–30 minutes as it disperses into the muscle.

These responses are normal and temporary.

Post-Care Instructions:

After your Neurotoxin Appointment

Botox and Xeomin work by binding to nerve receptors within the targeted muscle. The first several hours after treatment are important because the product is settling into place.

Following post-care instructions helps prevent migration and ensures optimal results.

Why We Ask You To Stay Upright (First 4 Hours)

Remaining upright reduces pressure and movement in the treated areas while the product begins binding to the muscle.

For the first 4 hours:

- Avoid lying flat
- Avoid bending forward excessively
- Do not rub or massage treated areas

Applying pressure too soon can increase the risk of the product spreading to unintended muscles.

Why We Limit Exercise & Heat (First 24 Hours)

Strenuous exercise, alcohol, and excessive heat increase circulation. While that may be beneficial in other contexts, immediately after injections, it can increase swelling or bruising.

For 24 hours, avoid:

- Intense workouts
- Hot yoga
- Saunas or steam rooms
- Alcohol

Light daily activities are completely fine.

Makeup & Skincare Guidelines

You may apply light makeup after 4 hours. Gentle skincare can resume the same day, but avoid aggressive exfoliation or facial treatments for at least 24 hours.

When Will I See Results?

Neurotoxins do not work instantly because they need time to disrupt communication between the nerve and the muscle.

Most patients notice:

- Initial softening within 3–5 days
- Full results at 10–14 days
- Results lasting approximately 3–4 months

If you notice asymmetry or stronger movement after two weeks, we encourage you to contact us for evaluation.

When to Contact Our Office

Although rare, please notify us immediately if you experience:

- Difficulty swallowing
- Vision changes
- Significant eyelid drooping
- Severe swelling
- Signs of infection

Prompt communication allows us to support you appropriately.

Maintenance & Long-Term Results

Neurotoxins are most effective when used consistently as part of a long-term plan. Most clients return every 3–4 months.

With regular treatments:

- Muscles may become less dominant over time
- Fewer units may be required
- Deep creasing can be minimized

Neurotoxins address muscle movement. For concerns about elasticity, texture, or volume, we often strategically combine treatments for more comprehensive skin support.