

# THE EDIT

AESTHETICS + MEDICAL

## **Post-Botox Treatment What to Expect & Home Care Instructions**

1. HANDS OFF! - Avoid touching, rubbing, or massaging injection sites for at least 24 hours. This helps ensure the Botox stays in the intended muscles and doesn't spread unintentionally.
2. Stay Upright – Sit or Stand for at least 4 hours post-treatment – Avoid lying down. This supports proper absorption and helps prevent undesired migration of the products.
3. Skip Strenuous Activity - refrain from heavy exercise, bending, or lifting for 24 hours! These actions may shift the injected Botox and affect outcomes.
4. Avoid Heat Exposure - Stay away from saunas, hot tubs, direct sun, or heating pads for 24 hours. Heat can increase bruising or spread, which could affect results.
5. Expect Bruising/Swelling - Mild bruising or swelling is common and usually resolves within a few days.

You may apply a cold compress for short intervals for relief (e.g. 10 minutes on, 10 minutes off)

6. NO Alcohol! - Avoid alcoholic beverages for 24 hours post-treatment to minimize bruising and support optimal healing.
7. Gentle Facial Movements - For the first few hours after treatment, lightly move your face – smile, frown, lift your eyebrows- to help the Botox settle naturally into the muscles.
8. Results Timeline - Visible results may appear as early as 3-7 days. Full effect around 14 days post-treatment.

If you're concerned about uneven results or have questions before then, don't hesitate to contact our office.

### **CONTACT INFORMATION –**

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