



Post Operative Information Following Botulinum Toxin Treatment

- Do not raise your body temperature for 4 hours following treatment (no exercise, hot tubs, saunas, being out in the sun, etc. It takes about 2 -4 hours for the neurotoxin to bind to the nerve in order to start working and an increase in internal body temperature or sweating can make neurotoxin treatment ineffective.
- Avoid touching or manipulating the treated areas for 4 hours. In addition, do not lie down within this timeframe. We want the neurotoxin to stay in the muscles that it was specifically placed to avoid poor outcomes like a dropped eyebrow or eyelid. This also includes no facials, chemical peels, or massages after treatment.
- Avoid wearing hats, visors, headbands, or anything on the head that has the potential to move the neurotoxin.
- It will take about 24 hours for all of the injection sites to heal. To avoid infection, avoid wearing makeup on the day of treatment. The face can be washed like normal at night (at least 4 hours post-treatment).
- Neurotoxin treatments typically start to take effect around 2-10 days, but everyone is different. Please give the neurotoxin a full 2 weeks to take effect before deciding if you need enhancements. Don't love it or hate it for 2 weeks!
- Be sure to schedule a 2 week follow up appointment so your doctor can assess your results and perform any enhancements if needed. It is not recommended to inject beyond 2 weeks post-treatment, so please ensure that you keep this appointment.
- Neurotoxin appointments should be scheduled every 3-6 months to maintain the best results.

Please call our office with any questions or concerns 407-699-9831

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