

POST-PROCEDURE RECOVERY GUIDE: NEUROMODULATORS

What to Expect After Your Treatment

Following your neuromodulator treatment, such as Botox, Dysport, or Jeuveau, you may experience mild redness, swelling, tenderness, or small bumps at the injection sites. These effects are temporary and typically resolve within a few hours.

Results are not immediate. You may begin to notice improvement within 3–5 days, with full results developing in approximately 10–14 days.

Post-Treatment Instructions

For the First 4 Hours

- Remain upright; avoid lying down or bending excessively
- Avoid touching, rubbing, or massaging the treated areas
- Refrain from applying makeup if possible
- Avoid hats, tight headbands, or pressure on treated areas

For the First 24 Hours

- Avoid strenuous exercise or activities that increase blood flow to the face
- Avoid excessive heat exposure, including:
 - Saunas
 - Steam rooms
 - Hot tubs
 - Hot yoga
- Avoid alcohol consumption
- Avoid facials, massages, or additional cosmetic treatments

For the First 48 Hours

- Minimize excessive sun exposure
- Continue avoiding pressure or manipulation of treated areas

Common Side Effects

Temporary side effects may include:

- Mild swelling
- Redness
- Bruising
- Tenderness
- Headache
- Tight or heavy sensation in treated areas
- These symptoms generally resolve within several days.

Please contact our office if you experience:

- Significant swelling or pain
- Drooping of the eyelid or brow
- Difficulty swallowing or speaking
- Vision changes
- Signs of infection, including warmth, pus, or fever
- Any symptoms that concern you

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