

Neurotoxin Aftercare Instructions

Thank you for choosing us for your Neurotoxin treatment. Proper aftercare is essential to ensure safe healing and the best possible results. Please follow these instructions carefully:

What to Expect:

- Mild redness, swelling, or tenderness at injection sites
- Possible pinpoint bruising
- Minor headache or tightness in treated areas
- Results start to appear within 3–7 days and continue to improve up to 14 days

Immediately After Treatment:

- Stay upright for at least 4 hours (no lying down or bending over)
- Avoid touching, rubbing, or applying pressure to the treated areas
- No makeup or skincare application for at least 4–6 hours
- Do gentle facial movements (smiling, frowning) to help product settle

First 24 Hours:

- Avoid strenuous exercise or activities that cause heavy sweating
- Avoid hot tubs, saunas, or excessive sun/heat exposure
- Do not undergo facials, chemical peels, or laser treatments
- Refrain from alcohol consumption to minimize bruising risk

Ongoing Care (Days 2-14):

- Protect your skin with broad-spectrum SPF 30+ daily
- Bruising, if any, should resolve naturally; topical arnica can help
- Full effects of treatment are typically seen by Day 14
- Follow up with your provider if a touch-up or adjustment is needed

When to Contact Us:

Please reach out immediately if you experience:

- Severe or prolonged pain, swelling, or bruising
- Drooping of the eyelid, eyebrow, or mouth
- Difficulty speaking, swallowing, or breathing (rare but urgent)

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- Signs of infection at the injection site (warmth, redness, pus)

Additional Tips:

- Be patient — results are gradual and natural-looking
- Maintain regular treatments every 3–4 months to sustain results
- Avoid massaging or manipulating the treated area for at least 48 hours
- Keep your skin healthy with gentle skincare and good hydration

If you have any questions or experience any unusual symptoms, please contact us at 808.585.8855. Thank you for trusting us with your care!