

'TOX AFTERCARE

FOR THE FIRST 24 HOURS - *DOs*

- Gently exercise your treated muscles by frowning, raising your eyebrows, and squinting for the first hour after treatment. This helps the product distribute evenly.
- Keep your head elevated for 4 hours after treatment.
- Apply a cool compress to the treated area if you experience any swelling or

FOR THE FIRST 24 HOURS - *DON'Ts*

- Rub or massage the treated area.
- Lie down flat for 4 hours after treatment.
- Engage in strenuous exercise or activities that cause excessive sweating.
- Consume alcohol or take blood-thinning medications (e.g., aspirin, ibuprofen) for 24 hours after treatment.
- Wear makeup or apply skincare products to the treated area for at least 6 hours.

IN THE FIRST FEW DAYS - *DOs*

- Rub or massage the treated area.
- Lie down flat for 4 hours after treatment.
- Engage in strenuous exercise or activities that cause excessive sweating.
- Continue to avoid strenuous exercise for 24-48 hours.
- Protect your skin from the sun by wearing a broad-spectrum sunscreen with SPF 30 or higher.
- Follow up with your provider if you experience any unusual side effects or have any concerns.
- Wear makeup or apply skincare products to the treated area for at least 6 hours.

IN THE FIRST FEW DAYS - *DONT's*

- Receive any facial treatments, such as facials, microdermabrasion, or chemical peels, for at least 2 weeks after treatment.
- Undergo any dental procedures for at least 2 weeks after treatment.

You may start to notice the effects of your treatment within 3-7 days. Full results typically appear within 2 weeks. The effects of Botox/neuromodulator treatments typically last 3-4 months.

If you have any questions or concerns, please do not hesitate to contact us

