

Aftercare Instructions for Post-“Tox” Treatments (Botox, Jeuveau, Xeomin, Dysport, Daxxify, Letybo)

1. Do not touch over the treated areas for at least 20 minutes
2. Do not apply makeup over the treated areas for at least 20 minutes
3. A cold pack with a clean exterior may be applied if desired
4. It is normal to see a little swelling (like a mosquito bite) in the areas of injections for the first 10 minutes after injection
5. You will see it starting to work between 1 and 14 days after injection. 90% of people see improvement in the first week; 10% in the 2nd week.
6. After it starts to work, it typically takes 2-3 days to become settled in.
7. Avoid moderate-to-strenuous exercise for at least a few hours, and preferably a day, after injection.
8. Avoid hot tubs or saunas for at least a few hours, and preferably a day, after injection.
9. Stay upright for at least 4 hours after injection.
10. Avoid foods, supplements and medicines that act as blood thinners for 72 hours after injection, to reduce risks of bruise.
11. Avoid having facials or other skin-altering procedures (such as lasers, radiofrequency and microneedling) to the face for a week after the Tox injection.
12. It is OK to have Tox and filler injections on the same day. Most commonly, the Tox is injected prior to the filler.