

Post-treatment care – Toxin

First Few Hours (0–8 Hours Post-Treatment)

What to Avoid:

- Do NOT massage, press, or apply pressure to the treated areas—Botox can migrate and affect nearby muscles.
- Remain upright—do NOT lie down or lean forward for at least 4 hours.
- Avoid exercise, hot showers, sauna, cooking over a hot stove, or any source of heat that may increase blood flow to the face.

For the Next 3–5 Days

To Minimize Bruising:

- Avoid medications and supplements that thin the blood, such as: Advil (ibuprofen), Vitamin E, Ginger, Ginkgo Biloba, Ginseng, and Garlic.

What to Expect

- Some small bumps or redness may appear at the injection sites—these usually fade within a few hours.
- Mild bruising may occur and should resolve within a week.
- If you experience discomfort, you may use Tylenol (acetaminophen).

Results:

- Depending on the toxin used, effects may begin as early as 5–7 days, with **full results** visible around **2 weeks** after treatment.
- Your **results should last around 3 months**. Repeating the treatment as soon as muscle movement returns is essential for maintaining smooth skin and preventing the reappearance of wrinkles.

Contact us

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