

Botox / Dysport - Post Treatment

Thank you for choosing us for your aesthetic care. We realize that there are many choices out there and that is why we are committed to your safety and satisfaction.

Most patients have no problems after Botox wrinkle relaxing treatments. Overall, it is extremely safe with very high satisfaction. The most common problem is not having realistic expectations. Botox cannot always last as long as desired, or improve wrinkles as much as hoped. Small "touch-ups" and extra Botox can be safely added shortly after the first treatment. Botox is a chemical that works to "diminish" facial lines. It does take several days to reach its maximal potency. This means that the best results take 2-4 days to appear. Botox usually lasts 2-4 months, and we want it to last a long time. However, if it goes away too quickly, you just need more Botox. Some people metabolize Botox more quickly than others and need treatments more frequently. Men often have larger muscles and need bigger doses and more frequent treatments.

General care after Botox:

The following five things are absolute and can change the quality of your Botox treatment:

1. Avoid strenuous exercise for at least 12 hours - Strenuous workouts are not recommended on the day of your treatment, but can be resumed the next day. Light activity and walks can be done immediately.
2. Avoid rubbing areas treated with Botox or Dysport, this can cause the medication to travel into areas not treated.
3. Do not lie down or go to sleep for 4 hours after the procedure, remain upright, try to sleep lying flat in bed the night after the procedure.
4. Do not consume more than 1 glass of wine or beer/alcoholic beverage within 12 hours of procedure.
5. Avoid any facial massages, facials or putting any excessive pressure to the areas treated for 2 weeks after the procedure. This should include avoiding scuba diving or wearing tight fitting motorbike helmets. This may displace the medicine into unwanted areas.

Possible After Effects:

Bruising - Recovering from Botox is extremely easy. Most people have minimal to no bruising and can resume normal activities right away. Rarely, someone gets unlucky and gets more significant bruising. Although this can be disappointing, it is important to understand it will not affect the Botox from working. It just takes time for the bruising to go away. Makeup can be used to hide the bruising following Botox.

Headache - Headache also can happen after Botox. This is usually minimal and goes away quickly. Tylenol or Motrin is recommended for headache pain.

Redness, Welts, and Itching - Minor redness or welts can occur after a treatment and sometimes itching as well. This is normal and you should not worry. Benadryl is recommended for these symptoms. Please call if they do not quickly improve over a day or two.

Drooping of Eyelids or Eyebrows - Drooping of eyelids or eyebrows is very uncommon and most people do not get this. If you do, do not worry and please call the office for an appointment with me. Some patients might feel their eyebrows are too low even after Botox. In this case, cosmetic eyelid lift or cosmetic blepharoplasty might be something that helps with the aesthetic appearance and your rejuvenation. Within a short period of time, drooping of the eyelids or forehead tends to resolve. In unusual cases, we might prescribe an eye drop to help with this. Again, Botox is extremely safe. This type of problem is very rare.