



Post-Treatment Instructions for Botox/Xeomin Cosmetic

- Avoid any massage, pressure or touching of the treatment area(s) for 4 hours after your Botox/Xeomin treatment. These activities may alter the placement of the Botox/Xeomin causing undesirable results. This includes facials, waxing and massage.
- Do not apply makeup or skincare products for 4 hours after your treatment. This can move the Botox/Xeomin to undesirable areas
- Do not lie down for 4 hours following your treatment.
- Do not wear a hat or visor for 4 hours post-treatment, if forehead was treated.
- Avoid vigorous exercise, activities that might displace the Botox/Xeomin (yoga), sun exposure and alcohol for 24 hours after your treatment.
- Rarely, some people may experience bruising in the area of the injections. Bruising typically resolves in 7-10 days. However, oral and/or topical Arnica will help clear bruising faster. You may purchase Arnica cream and homeopathic tablets from our offices.
- Discomfort following your Botox/Xeomin treatment is rare. However, you may take acetaminophen for any discomfort the day of your treatment.
- Contact us immediately if you experience any side effects or complications including persistent redness, swelling, or warmth around the injection site(s).
- If a drooping eyelid develops after treating the glabella (area between the eyebrows) call us immediately to be evaluated and begin eye drops to restore eyelid function. Additional measures are also prescribed to protect eye until function is restored.
- Because we want you to have the VERY best results with your Botox/Xeomin Cosmetic treatment, we will have you come back in two weeks for us to evaluate the area(s) treated and make any necessary refinements to provide you with the best possible results and the longest lasting effect.
- REMEMBER – please do not have any immunizations for 2 weeks after your Botox/Xeomin treatment. This could affect the efficacy of your treatment.

Revised ~~2/26/13~~

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