

Botox

CONTRAINDICATIONS

Pregnancy, breastfeeding, neuromuscular disorders, botulinum toxin allergies, keloidal scarring, body dysmorphic disorder

PRE-TREATMENT

About 1 week before Botox, talk to your injector about any history of cold sores. Injectables can trigger a breakout, so we may prescribe a preventative antiviral medication if needed.

In the days leading up to treatment, you'll also need to avoid anything that can interfere with your results or worsen side effects:

For 3-5 days before treatment, avoid blood thinners like NSAIDs (including Advil, aspirin, and Aleve) and fish oils. Any blood thinning medication can increase the risk of bruising and swelling after your Botox treatment. If you need to take an over-the-counter pain reliever, take Tylenol instead. (Talk to your doctor if you take prescription blood thinners, which can sometimes be paused for Botox.)

To further lower your risk of bruising, avoid alcohol for a few days before your Botox injections.

Pause your retinol regimen for two days before Botox.

Finally, on the day of treatment, it's a good idea to eat a healthy breakfast. You want your body to be operating at 100% before treatment to help prevent side effects. Having food in your belly can also help to prevent lightheadedness during your injections.

POST-TREATMENT

Leave your treatment area alone. Avoid any physical pressure, laying down on your face, or rubbing on the area of injection for a few days.

Don't lie down for the 4 hours after your Botox.

Wait 24 hours to work out or exert yourself after Botox. By raising your blood pressure, exercise can both increase your risk for bruising or swelling and increase the chances of the product spreading rather than remaining in the area your injector intended.

Make your facial expressions to allow the Botox to settle in more quickly.

Avoid UV exposure and excessive heat. Sun exposure can prolong redness or swelling after Botox, so protect your skin with sunscreen and good sun protection practices. Also avoid saunas, steam rooms, hot yoga, or other activities that involve lots of heat.

Don't drink alcohol for 24 hours after injections as it can increase the risk of bruising.

Continue to avoid blood thinners for 24 hours after Botox.

Wait two days to re-introduce retinol into your skincare routine.

