

UPLIFT AESTHETICS

POST-TREATMENT INSTRUCTIONS BOTOX, DYSPORT AND JEUVEAU

Please observe the following after treatment with Botox, Dysport, or Jeuveau:

- No straining, heavy lifting, vigorous exercise 24-48 hours following treatment. It takes neurotoxins approximately 2-48 hours to bind itself to the nerve and start to work. The relaxation transition/process of the treated muscle starts at this time.
- Avoid alcohol for 24-48 hours following treatment.
 - No hot yoga for 48 hours
- Do not lay flat for 3-4 hours following the treatment
 - Avoid manipulation of the area following the treatment including: rubbing the forehead or other treated area; having a facial done; getting a massage where you are lying face down
- Use the muscle injected frequently (at least once every 10 minutes or 6 times in 1 hour) for one hour following the treatment to help move the neurotoxin into the muscle.
- Avoid positions that require you to keep your head down such as scrubbing floors, shoe shopping, gardening, etc.
- Avoid wearing a tight-fitting hat or head band across your forehead if that area has been treated.
- Avoid laying in the sun for long periods of time until neurotoxin effect is evident.
- It is recommended not to fly in an airplane within 5 days of receiving a neurotoxin
- You may wash your face with fingertips starting 4 hours after treatment. Use gentle pressure to avoid moving the product. You may use a clarisonic or other face washing/cleansing device after you see the effects of the neurotoxin.
- You may apply your normal skin care products when you wash your face
- It is best to wait 24 hours after treatment to apply make-up to lower the risk of infection due to bacteria in used make-up brushes/sponges, etc.
 - Headaches, redness at injection sites, small amount of swelling (mosquito bite appearance), flu-like symptoms can occur following treatment.
- It may take 2-10 days for the treatment to take effect. Neurotoxin changes are a slow process and not immediate. It usually takes 2 weeks to see final results. For this reason; any touch-up WILL NOT be done prior to the 2-week period following treatment.

Please call the office with any questions or concerns at 651-432-4477