



## NEUROTOXINS



For upper face injections, kindly wait three weeks before assessing the results. At this point, capture photos to present to your provider during your next visit. Your photos should capture these facial expressions: (1) neutral face, (2) wide smile, (3) eyebrows raised, and (4) eyebrows furrowed.

For masseter injections, it's best to wait 6-8 weeks before evaluating the outcomes.

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**First 24 Hours  
after treatment**

- Avoid exercising.
- If there is bruising at the injection site, ice the area(s) in 10-minute intervals as much as possible (10 minutes on, 10 minutes off).
- Do not apply ice packs directly to the skin.
- Do not wear any hats or headbands
- Do not lie down or bend over with your head down within 3 hours following your treatment (ex: squat instead of bending over at the waist).

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**For two weeks  
after treatment**

- Please refrain from having facials, massages, exfoliating treatments, using Clarisonic devices, and scheduling lash or brow appointments.

UNTIL  
HEALED

**Until bruising  
has healed**

- Steer clear of tanning and extended sun exposure, as these can lead to hyperpigmentation.
- Keep avoiding exercise until the bruising has healed, to prevent boosting circulation and delaying the recovery process.

Make sure to read these instructions thoroughly to avoid missing crucial details. Adhering to post-care not only minimizes the risk of complications and accelerates healing, but also enhances the overall results.

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