LAVISH WELLNESS & WEIGHT LOSS

BOTOX TREATMENT INSTRUCTIONS

Pre-Care & Aftercare Guidelines

Please remember that aftercare is under your control and what you do directly affects the success of your treatment. For optimal results and to minimize adverse effects, please adhere to the following instructions:

BEFORE YOUR BOTOX TREATMENT

- **Discontinue blood thinners:** Avoid Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or essential fatty acids for 3–7 days before and after treatment to minimize bruising or bleeding. Consult your primary physician prior to stopping prescribed medications.
- **Avoid Alcohol:** Do not consume alcoholic beverages for 24 hours prior to treatment, as alcohol thins the blood and increases bruising risks.
- **Preparation:** Arrive with a clean, washed face without makeup. Eat a light meal beforehand to avoid lightheadedness, and avoid caffeine prior to your appointment for comfort.
- **Contraindications:** Botox is strictly contraindicated in pregnant or breastfeeding patients. Please notify our staff immediately of your health status and any medications you are taking.
- **Scheduling Caution:** If you have an upcoming social or professional event that precludes safe recovery time, kindly reschedule your appointment.

IMMEDIATELY AFTER YOUR BOTOX TREATMENT

- **Remain Upright:** Do NOT lie down or bend over for at least 4 hours post-treatment. Remaining upright prevents Botox from tracking into the eye orbit and causing eyelid drooping (ptosis).
- **Do Not Massage:** You may notice small bump-like nodules at injection sites immediately after treatment. Do not massage them—they resolve naturally within a few minutes.
- **Avoid Manipulation:** Avoid touching, rubbing, or manipulating the treated areas for at least 4 hours.
- **Facial Cleansing:** Be exceptionally gentle when applying makeup or washing your face for the first 24 hours. Avoid vigorous face scrubs, exfoliation, or facials for 72 hours.
- **Physical Activity:** Avoid straining, heavy lifting, and vigorous exercise for 12 hours after treatment to prevent product migration outside the targeted muscle areas.
- **Heat Exposure:** Avoid high heat exposure (saunas, hot tubs, direct intense sunlight) for 24 hours.

SIDE EFFECTS & DISCOMFORT

- **Mild Headaches:** Mild headaches are common after injections due to skin punctures rather than the Botox itself. These typically resolve within 36 hours. You may take Tylenol for discomfort, but avoid Aspirin or Advil.
- **Skin Dryness:** Mild dryness or itching may occur due to pre-treatment skin cleansing with alcohol. You may apply your preferred moisturizer to relieve this.
- **Bruising:** Small bruises occasionally occur and can be covered with makeup. To speed resolution, avoid caffeine, hot beverages, alcohol, and blood-thinning supplements for 24 hours post-treatment.

WHAT TO EXPECT & RESULTS TIMELINE

Full Results (7–14 Days): It takes approximately 7 to 14 days for Botox results to fully manifest. Response times vary based on metabolic factors and muscle strength.

Asymmetry & Settling: As muscles relax at varying rates, you may notice temporary uneven movement (e.g., one eyebrow raising higher). This typically balances out within 14 days. If muscle strength persists beyond 14 days, contact our clinic for a follow-up assessment.

Duration & Maintenance: Results typically last 3 to 5 months. Consistent treatments prevent full muscle strength from returning and help maintain optimal smooth skin results.

PATIENT CARE & COMMUNICATION

At **Lavish Wellness & Weight Loss**, your safety, aesthetic outcomes, and overall experience are our top priorities. Please reach out to our team if you have any questions or require post-treatment evaluation.

CONTACT & ASSISTANCE

Phone: (951) 729-3994

Medical Questions & Appointments: Please notify our clinical staff at (951) 729-3994 immediately with any questions or to schedule an in-person follow-up assessment.

Emergency Medical Concerns: In the event of a severe medical emergency, please visit the nearest emergency room immediately.

Feedback: We value your feedback! Please feel free to share your experience or leave us a review on Google, Yelp, or Facebook.