

Post - Care Instructions

Botox

[Wrinkle Botox, Jaw/Masseter, Skin Botox, Hyperhidrosis, Gummy Smile, Lip Corner, Temple, Salivary Gland, Body Botox]



Do not rub or press the treated area for 24 hours, and avoid lying down flat for 4 hours after injection.



Bruising, swelling, and tenderness may last 1-2 weeks. Do not rub, press, or apply pressure to the treated area.



Avoid saunas, excessive heat, and strenuous exercise for 1 week.



Avoid alcohol and smoking for 7 days.



Full results appear within 7-14 days.

* Area-Specific Notes *

Jaw Botox: avoid tough or hard foods, as they can reduce the duration of effect.

Calf/Thigh Botox: avoid hiking, high heels, and massages for 1-2 weeks.

Trapezius/Arm Botox: avoid heavy lifting and activities engaging these muscles for 1-2 weeks.

Salivary Gland Botox: mild dry mouth is normal – stay hydrated and limit alcohol.

Hyperhidrosis Botox: avoid exercise that causes heavy sweating for 3-4 days.

For any other concerns, contact us via [WA](#) or [DM](#) on Instagram.