

Botox, Daxxify, Dysport Pre & Post Care

Pre-Treatment Care

To ensure safe and effective treatment:

- Treatment is not performed during pregnancy or breastfeeding
- Arrive with a clean, makeup-free face for optimal assessment
- Avoid alcohol the day of treatment
- Avoid heavy exercise or activities that increase flushing prior to your appointment
- Notify your provider if you:
 - Are feeling unwell or have an active infection
 - Have any changes in your medical history

Post-Treatment Care

Immediately After

- Remain upright for at least 1 hour
- Avoid:
 - Bending forward excessively
 - Lying flat
- Do not touch, rub, or massage the treated areas

Same Day Guidelines

- Avoid:
 - Strenuous exercise
 - Facials, massages, or skin treatments
 - Gua sha, lymphatic massage, or aggressive cleansing
- Makeup:
 - Avoid immediately post-treatment
 - Light makeup may be applied later the same day if skin is not irritated
- Skincare:
 - You may resume your routine that evening
 - Avoid retinol, exfoliants, or harsh products for 24 hours if sensitive

What to Expect

- Mild redness, swelling, or small bumps at injection sites
 - Typically resolves within 20–30 minutes
- Possible minor bruising

| Results begin to appear in 3–5 days (Dysport may be slightly faster)

| Full results develop in 10–14 days

What to Avoid

- Avoid rubbing or applying pressure to treated areas for 24 hours
- Avoid hats, headbands, or anything tight across treated areas (if applicable)

When to Contact RN Esthetics

Please notify us if you experience:

- Eyelid drooping or asymmetry beyond expected settling
- Difficulty swallowing, speaking, or breathing (rare, urgent)
- Persistent swelling, redness, or signs of infection
- Any unexpected or concerning reaction

Follow-Up

- A follow-up visit may be scheduled at 2 weeks to assess results and perform any adjustments if needed

Pro Tip

Consistency is key—regular neuromodulator treatments help train muscles over time, leading to smoother, longer-lasting results.