Grace
WELLNESS & AESTHETICS

BEFORE & AFTER CARE

Neurotoxin

Botox® · Dysport® · Jeuveau®

Before your appointment

- Avoid booking within 2 weeks of an important event, since bruising is possible.
- For 1 week before and after, avoid herbal supplements such as ginkgo and green tea, and anti-inflammatories (Motrin, Advil, ibuprofen, Aleve, aspirin) to limit bruising.
- Avoid alcohol for 24 hours before your injections.

After your appointment

- **First 4 hours:** stay upright, don't rub or touch the injection sites, avoid extreme heat, and don't wear a hat.
- **First 6 hours:** no heavy lifting, vigorous exercise or straining.
- Makeup may be applied gently before you leave. Wipe up and away from your eyes and brows.
- **For 1 week:** no facials, laser or microneedling treatments.
- If your upper lip was treated, you won't be able to drink through a straw, whistle or say some words clearly for about 2 weeks.

What's normal

- Bruising at the injection sites is common, especially around the eyes, and can last up to several weeks. Arnica may help it fade.
- Neurotoxin can take up to 14 days to reach full effect.

Your next visit

- A follow-up at 2–3 weeks is suggested to assess your results, especially if this is your first treatment. If full correction isn't reached, additional units are purchased separately.
- Retreatment is typically needed every 2–4 months. Regular treatments usually give longer-lasting results.