

Nuero toxin Pre and Post Care

Immediately After Your Treatment (First 4 Hours)

- Remain upright. Avoid lying down or bending over for extended periods.
- Gently use your treated muscles by smiling, frowning, or raising your eyebrows for the first hour. This may help the product settle into the targeted muscles.
- Do not rub, massage, or apply pressure to the treated areas.
- Avoid hats, tight headbands, facial massages, or anything that presses on the injection sites.

For the First 24 Hours

- Avoid strenuous exercise or activities that cause excessive sweating.
- Do not consume excessive alcohol.
- Avoid saunas, steam rooms, hot tubs, and prolonged sun or heat exposure.
- Skip facials, chemical peels, microneedling, laser treatments, and facial massages.
- Avoid sleeping directly on your face if possible.

What to Expect

- Mild redness, swelling, tenderness, or small bumps at the injection sites are normal and usually resolve within a few hours.
- Minor bruising may occur and can last several days.
- Results typically begin to appear within 3–5 days.
- Full results develop in approximately 10–14 days.

If You Experience Bruising

- Apply a cool compress gently for 10–15 minutes at a time.
- Arnica gel or Arnica tablets may help reduce bruising.
- Concealer or makeup may be applied once the injection sites have fully closed (usually after several hours).

When to Contact Us

Please contact our office if you experience:

- Significant swelling or severe pain
- **Vision changes**
- Difficulty swallowing or breathing
- A rash or signs of an allergic reaction
- Any symptoms that concern you

Follow-Up

Your results are best evaluated at 2 weeks after treatment. If a touch-up is needed, we recommend scheduling a follow-up appointment at that time.

Thank you for choosing Venus Aesthetics. We look forward to helping you maintain beautiful, natural-looking results!