



Jesse E. Smith MD, FACS

Facial Plastics and Reconstruction

BOTOX® / LETYBO® / DYSPORT® / DAXXIFY® POST-TREATMENT INSTRUCTIONS

BEFORE YOUR TREATMENT

- Discontinue any Aspirin or Ibuprofen 1 week prior to your appointment. Please also refrain from consuming alcoholic beverages at least 24 hours prior to your visit. In an effort to minimize any possible bruising, it is recommended to take an Arnica supplement 2 days prior to the procedure.

WHAT TO EXPECT

- Mild redness, swelling, tenderness, or small bumps at the injection sites are common and typically resolve within 15-30 minutes.
 - Minor bruising may occur and can last several days.
- Results are not immediate and typically begin working within 3-7 days.
 - Full results are usually seen in approximately 14 days.
- You may notice one side responding slightly faster than the other during the first several days, this will likely settle out by 2 weeks. If you need any touch-ups, please contact our office so we can re-inject at that 2 week mark.

AFTER YOUR TREATMENT

For the first 4 hours:

- Remain upright. Do not lie down or bend over excessively.
- Avoid rubbing, massaging, or applying pressure to treated areas.
- Avoid hats, headbands, helmets, facial devices, or anything that places pressure on the injection sites.

For the first 24 hours:

- Avoid strenuous exercise.
- Avoid excessive heat exposure including saunas, hot tubs, steam rooms, and hot yoga.
- Avoid facials, facial massage, microneedling, chemical peels, laser treatments, or other facial procedures.
 - Avoid alcohol if possible, as it may increase bruising.

BRUISING AND SWELLING

- Apply a cool compress as needed.
- Arnica may be used to help minimize bruising.
- Continue normal skincare unless otherwise instructed.

WHEN TO CALL THE OFFICE

Please contact our office if you experience:

- Significant swelling or pain
- Difficulty swallowing, speaking, or breathing
 - Vision changes
- Eyelid drooping that worsens significantly
 - Any symptoms that concern you

Questions? Contact our office through Klara or call us directly.

www.jessesmithmd.com