

What is Botulinum A Toxin?:

Today you may have undergone a treatment in which a tiny amount of a muscle relaxing protein has been injected into muscles to improve appearance.

What is Normal After a Procedure?

Injections can cause small amounts of swelling, a temporary bump, redness, bruising, a mild to moderate headache, and sensations such as tingling or mild itching after the treatments. These effects are so common they can be considered a normal part of the process.

It will usually take between 2 and 10 days to start to see any muscle relaxing effect and 14 days until the peak effect has been reached. The result will continue to improve for 4 weeks or more. The benefits start to wear off after 3-4 months on average.

How to Protect Your Result & Reduce Side Effects:

- Remain upright for at least 4 hours after the treatment.
- Do small extra contractions of the muscles treated every 20 minutes for the first 4-6 hours.
- When cleansing, avoid pressure and use gentle strokes away from the eyes.
- Avoid facial massages or electrical stimulation of the face for the next 2 weeks.
- Avoid wearing tight caps or garments in the area that has been injected.
- Avoid alcohol, sun exposure, and extreme heat (e.g. sauna, steam, sun beds, very hot showers, etc.) for 24 hours.
- Avoid strenuous exercise and activities for 24 hours.
- Do not apply make-up for approximately 6 hours unless it is mineral based.
- Do not rub your face in the areas injected for 4-6 hours.

Contact Us If:

- If you develop a side effect, such as dry eye, droopy eyelid, or heavy brow.
- Any other side effects you think are important.
- If you feel distressed or worried in any way.
- Routine adjustments can be carried out from day 14 after your procedure.



McLean office phone: 703-893-1114

Other common procedures offered:

Acne scarring • Pearly Penile Papules • Mole Removal • Tattoo Removal • Laser Hair Removal • Laser Resurfacing • Laser for Brown Spots and Red Spots • Vaginal Rejuvenation/Tightening • Intimate Lightening • Skin Tightening • Chemical Peels • Sclerotherapy • Fillers • Botox • Kybella

Revised 05/2025