



## Botox / Xeomin / Jeuveau Aftercare

*You're officially glowing. Now let's make it last. ✨*

### ✓ DO:

- Stay upright for at least 4 hours after treatment
- Gently move treated muscles to help product settle
- Apply cold compress (wrapped in cloth) to reduce swelling ❄️
- Stay hydrated 💧 and get a good night's sleep 😴
- Contact us with any concerns — we're always here ❤️

### 🚫 AVOID for 24 Hours:

- Lying flat or bending forward for 4 hours post-treatment
- Touching, rubbing, or massaging the treated area
- Strenuous exercise 🏃, hot yoga, saunas, or hot tubs
- Alcohol 🍷 and blood-thinning medications
- Makeup on treated areas for at least 4 hours 💄
- Facials or other facial treatments



### Treatment-Specific Notes:

- 🦷 Masseter (jaw): Avoid hard chewing for 24 hrs. Some soreness normal.
- 🏋️ Trapezius: Avoid heavy shoulder workouts for 24 hrs.
- 🤯 Migraines: Stay hydrated. Tender injection sites are normal.
- 🧔 Hyperhidrosis: Avoid shaving underarms for 24 hrs if treated.

### ⌚ What to Expect:

- Results begin in 3-5 days, full results at 10-14 days ✨
- Mild redness or small bumps — resolves within hours ☁️
- Results last 3-4 months on average
- Follow-up at 2 weeks if needed

### ✨ Pro Tips for Best Results:

- 💧 Drink at least 8 glasses of water the day of treatment
- 😴 Get a full night's sleep — your body heals while you rest
- 🍽️ Eat a light, healthy meal before your appointment
- 📅 Book your next session at 3 months to maintain results

### ⚠️ Call Us If You Notice:

- Drooping of eyelid or brow, asymmetry, or difficulty swallowing
- Signs of allergic reaction: rash, difficulty breathing, swelling



**Did you know?** Botox results improve with consistent treatment. Regular sessions every 3-4 months can actually train muscles to relax more naturally over time, meaning you may need less product as time goes on!

📞 (347) 514-9311

Questions? We're always here for you ❤️

**LovMedSpa**  
Defining Timeless Beauty