

AVEC Aesthetics + Wellness

TOX Aftercare Instructions

Neurotoxin Treatment: Botox®, Dysport®, Xeomin®, Jeuveau®

Thank you for choosing AVEC Aesthetics + Wellness for your treatment. To ensure optimal results and minimize side effects, please follow these aftercare guidelines carefully.

Immediately After Treatment (First 4–6 Hours)

- Stay upright: Avoid lying down, bending forward, or reclining for at least 4 hours.
- No touching or massaging: Do not rub, press, or manipulate treated areas.
- Avoid wearing hats or headbands that may apply pressure to injection sites.
- Keep your face moving! Lightly activate the injected muscles (smile, frown, raise eyebrows) for the first hour — this can help the product bind more effectively.

For the Next 24 Hours

- Avoid exercise, saunas, hot tubs, and excessive heat exposure.
- Do not consume alcohol or use blood-thinning medications/supplements (e.g., ibuprofen, aspirin, fish oil, vitamin E) unless prescribed.
- Avoid facials, chemical peels, or skincare treatments on the treated area.

Next 2–3 Days

- Minor swelling, redness, or pinpoint bruising is normal — it will subside within a few days.
- If tenderness occurs, you may apply a cold compress (not ice directly on skin) for comfort.
- Makeup can be applied gently the following day if there is no skin irritation.

Results & Expectations

- Onset of effect: 3–5 days (some may see earlier or later results).
- Full effect: 10–14 days after treatment.
- Duration: Typically 3–4 months, varying by dose, area treated, and metabolism.
- Touch-ups may be performed after 2 weeks if asymmetry or residual movement remains.

When to Contact Us

Call AVEC if you experience:

- Severe headache, blurred vision, or drooping eyelids.
- Difficulty swallowing or speaking.
- Rash, hives, or signs of infection at the injection site.

Follow-Up

We recommend a follow-up appointment in 2 weeks to assess your results and make any adjustments if needed.

Schedule online or call our office at 302-365-0285.

AVEC Aesthetics + Wellness

Where modern medicine meets timeless beauty.

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