

Neurotoxin Injections (Botox & Jeuveau)

Neurotoxins take 2-3 weeks to fully kick in. We can then see you at a follow-up appointment to make any dose adjustments. Follow-up appointments after the neurotoxin settles in are important for both the patient and provider. By getting to know your unique anatomy, it is very helpful to see the muscles both treated and untreated. For example, your provider can often make small adjustments to correct any underdosing, mild asymmetries, “Spock” brow (extreme brow lift) or drooping. The provider may see something that the patient does not. This also helps to better develop an accurate plan/pattern for your maintenance treatments.

- Bruising and mild swelling is normal. You may use a cold compress/ice when directed by your provider. Arnica supplements or pineapple juice can help prevent bruising.
- Leave the treated area alone for at least the first 1-3 days.
 - Avoid touching, rubbing, or physical pressure on the affected area.
 - No tight hats or goggles, pressure, or manipulation on the injection points.
 - Avoid facials, facial massages, exfoliating scrubs, and other treatments.
 - Try your best to avoid sleeping on the injected areas.
- For the first 24 hours after the treatment, avoid exercise and maintain a normal heart rate.
 - Physical activity increases blood flow. This could potentially spread the toxin to unintended areas and reduce its effectiveness at the injection site. Exercise contracts your muscles, which may decrease the toxin’s effectiveness. It also increases the risk of bruising.
 - However, it’s safe to do normal facial movements/animation (frowning, raising eyebrows, smiling).
- Please stay upright for at least 4-6 hours. Bending or lying down might spread the toxin and promote bruising.
- Avoid heat or sun exposure for at least 4 hours. The heat can promote flushing and increase your blood pressure, which may encourage bruising. To be extra safe, avoid for 24 to 48 hours.
- No makeup in treatment areas for 24 hours after your procedure.
- Some patients experience temporary headaches for a few days (sometimes up to 2 weeks) due to the trauma of the needle/injection itself.
- No massages for 2 weeks after your procedure.
- Alcohol may increase the risk of bruising and should be avoided.

FOLLOW UP: In office (preferably) or via photo/video in 2 weeks.

If you have any questions or experience possible signs of infection or extreme discomfort, please contact:

(804) 484-3739

Photos (text or email) to → FacialPlastics@VirginiaENT.com