



What Not to Do

The single most important thing to remember is this. Don't rub your face or have any kind of face massage for at least 24 hours after treatment. This could potentially move the Botox around into an unwanted area. Rarely, the Botox may move down causing a droop of the eyelids (ptosis).

Correct Sleeping

When you're about to go to sleep do your best not to sleep on your face! Sleeping on your back will reduce the risk of your accidentally moving the Botox around during the night. Placing a pillow under the knees helps with this positioning!

Exercise

Bo By Yas recommends that you don't bend down, lie down, or do strenuous exercise immediately after treatment and up to 4 hours post treatment. This could also cause the Botox to move.

Drugs

Avoiding Alcohol, Aspirin, Ibuprofen or other strong painkillers may reduce the extent of bruising. It's also a good idea to avoid using a sauna or putting yourself in other situations where your body will be subject to increased heat levels.

Skin Manipulation

To further reduce risk you should avoid aggressive skin manipulation up to one week after treatment. This means try to stay away from treatments like microdermabrasion, laser hair removal and electrolysis. Most of what not to do is common sense. Just keep your hands off your face and don't do anything which could potentially cause the Botox to move. Play it safe! It's all about minimizing risk.

What to Do

There's not much you can do to help to Botox do its job. It's time to wait for the results which should take 3-5 days (Dysport), 5-7 days (Botox and Xeomin). However there are a few things you can do to help your face heal faster. There will probably be some swelling after the treatment. An ice pack very gently applied to the treated area may help reduce this swelling a little faster. This may also help with bruising.

Painkillers

Some people do experience mild pain after the treatment. As we said above strong painkillers aren't recommended. However acetaminophen may be ok. You should ask your doctor about this to be sure you have no contraindications. We can provide a better alternative like a numbing cream during treatment. Most clients tolerate the procedure very well without any intervention like this. All patients will be different and may require slightly different aftercare. There is no real consensus on exactly what you need to do after treatment apart from not putting pressure on the treated area.

You will be asked to attend a checkup session a few weeks after the treatment. This is when Bo By Yas providers makes sure the treatment has been successful and everything is working as it should.