



AFTERCARE & TIP FROM BOTOX® INJECTIONS

“While you cannot make Botox® last longer, you can help extend the length of its effect”.

USE A HIGHLY TRAINED, EXPERIENCED, CERTIFIED MEDICAL AESTHETICS PHYSICIAN (LIKE DR. ZIEBER)

Botox® injections require the correct appropriate dosage and precise injection sites for maximum effectiveness.

AVOID STRENUOUS EXERCISE AND EXCESSIVE HEAT

For the first 24 hours, avoiding Saunas, Hot Yoga, Strenuous exercising (gentle exercise is fine) or intense facial massages can potentially cause the Botox® to migrate to areas of your face it should not go to. This can result in temporary facial paralysis, eyelid drooping, or other undesirable effects.

AVOID THE SUN AND SUNBEDS

Sun damage causes premature wrinkles. Botox® is ineffective against these skin damaged wrinkles because they do not involve the underlying muscles. Always wear SPF on your face, neck, and hands every day. Maintain your results for longer by using a high-quality broad-spectrum sunscreen and avoid the outdoors during peak UV hours.

SKINCARE

The benefits of Botox® will last longer if you take care of your skin. Those who moisturize AM and PM and stay hydrated by drinking plenty of water will enhance the water-absorption effect of hyaluronic-based fillers. This helps the treated areas to remain plump and wrinkle-free.

EAT RIGHT

Your diet affects both the appearance and health of your skin. Try to avoid eating processed and packaged foods and limit the amount of sugar in your diet. Maintain a steady healthy weight. Extreme weight loss especially on your face will reduce the effectiveness and longevity of your anti-aging injections.

LESS STRESS

Stress negatively affects your body in many ways, accelerates the aging process and rapidly enhances common signs of aging. To extend the benefits of your injections try to reduce unnecessary stress-inducers from your life while incorporating stress relief techniques like meditation or yoga into your day.

ZINC SUPPLEMENTS

Some studies have shown that the effects of Botox® are linked to Zinc levels within the body. Many individuals tend to have a slight zinc deficiency. Regularly taking a zinc supplement after your Botox® treatment might help to prolong the anti-aging effects.

EXERCISE EFFECTS

Unfortunately, a few patients who are avid runners and work-out-aholics find that their Botox® and Fillers results do not last as long. Do not stop being active as there is no “fix” for this. Running and exercise makes you happy and healthy. Simply try not to scrunch up your face when working out. Wear a baseball cap and sunglasses while outside to avoid squinting in the bright sun.

STOP SMOKING

Smoking ages your skin and shortens your life.

MAINTENANCE TREATMENT

The best way to extend the life of your Botox® results is to undergo a maintenance treatment program with your doctor. Plan your appointments before your results wear off. Regular Botox® treatments are especially useful as they will actually train targeted muscles to respond to the neurotoxin for longer periods of time.

BOOST COLLAGEN PRODUCTION [Click here.](#)

