



Haru Clinic

Precautions After Botox

It's common to experience some swelling, bruising, or itchiness following your Botox procedure. Please follow these precaution instructions for your best recovery:

1. After a salivary gland Botox treatment, you might feel tingling or a dry throat sensation, which generally improves within 1~2 weeks.
2. Light makeup is fine immediately after your procedure, but wait 3-4 hours for cleansing or applying full makeup.
3. For about one week post-treatment, please avoid hot baths, saunas, intense physical activity, massages, alcohol, and smoking.
4. To prevent Botox from spreading beyond the targeted muscles, avoid massaging, receiving facial treatments, or rubbing the treated area for two weeks.
5. Regular Botox treatments are important to maintain your results.
6. Although rare, inflammation or allergic reactions may occur. If they do, seeking prompt medical attention can lead to improvement.
7. Side effects from Botox are generally temporary, and there have been no medical reports of permanent adverse effects due to the Botox.
8. Muscle aches and tingling sensation are temporary and will naturally improve, but over-the-counter prescribed painkiller medication may help if you're experiencing discomfort from pain.
9. The full effect of Botox can be seen up to 4 weeks after treatment, so assessments are best made between 4-5 weeks.
10. In the initial days, you may experience stiffness or discomfort when chewing hard foods, but this usually doesn't affect eating or swallowing. Occasionally, diffusion of the product can cause temporary issues like difficulty lifting the corners of the mouth or loss of dimples, but these resolve over time.
11. Depending on muscle size and shape, portions of the muscle may appear to bulge temporarily as the Botox takes effect. This usually resolves within a month, but if you wish for quicker improvement, a follow-up treatment can be scheduled.

See you
at your next
visits at Haru



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