

Precautions After Botox

Please review the following guidelines carefully to help ensure the best possible results.

I. Aftercare Guidelines

- Please avoid pressing, rubbing, or applying strong pressure to the treated area.
- For 1–2 weeks, please avoid saunas, steam rooms, half-baths, strenuous exercise, massages, alcohol, and smoking.
- To allow the product to settle properly, please avoid massage, meridian therapy, or any strong pressure or stimulation on the treated area for 2 weeks.
- For the first few days, it is best to avoid hard or chewy foods such as gum or dried squid.

II. Changes That May Occur During Recovery

- Temporary swelling, bruising, tightness, or muscle soreness may occur in the treated area, but these symptoms usually improve naturally.
- As the muscles gradually relax, you may notice mild fatigue or slight discomfort when chewing, but this generally settles over time.
- In very rare cases, if the product affects nearby muscles, there may be a temporary change in facial expression, but this usually resolves on its own.
- With salivary gland Botox, temporary dry mouth or a sensation of something in the throat may occur, but these symptoms gradually improve.
- To date, no permanent side effects from Botox treatment have been reported. Most reactions are temporary and part of the normal recovery process.

III. Results and Progress

- Results appear gradually, with the most stable outcome usually seen after 3 to 4 weeks.
- For a more accurate evaluation of your results, we recommend visiting the clinic within 4 to 5 weeks after treatment.
- Depending on your muscle condition, regular maintenance may be helpful to maintain a balanced facial contour.

IV. When to Consult Your Medical Provider

- If pain or swelling persists abnormally
- If inflammation or an allergic reaction is suspected
- If you experience any of the above symptoms, please contact our clinic and visit for an evaluation.



This Page



WhatsApp



WhatsApp: [+82 10 5834 0984](https://wa.me/821058340984)

Email: consult@haruclinic.co

Address: [7th floor, First Avenue, 104 Dosan-daero, Gangnam-gu, Seoul](#)
([Sinsa Subway Station Exit 2](#))