

THE
Lux Nurse
INJECTOR

BOTOX® Aftercare Guide

SMALL INJECTION.
BIG CONFIDENCE.
CARE TODAY,
GLOW
TOMORROW.

SMOOTH. CONFIDENT. YOU.

Following the right aftercare will help you achieve beautiful, natural-looking results and make them last longer.

WHAT TO EXPECT



TIMING

Results begin in 3-5 days, with full results at 10-14 days.



LASTING RESULTS

Results typically last 3-4 months, depending on the area treated and individual.



NATURAL LOOK

You'll look refreshed and relaxed – never "frozen".



MINIMAL DOWNTIME

You may return to your normal activities right away with a few simple precautions.



EVERYONE IS UNIQUE

Results vary from person to person. We're here to help you every step of the way.

YOUR AFTERCARE INSTRUCTIONS



HANDS OFF

Avoid touching, pressing or massaging the treated areas for at least 24 hours.



SKIP THE SWEAT

Avoid intense exercise, saunas, steam rooms and anything that increases blood flow for 24-48 hours.



AVOID ALCOHOL

Avoid alcohol for 24 hours as it may increase bruising and swelling.



STAY UPRIGHT

Stay upright for 4 hours after your treatment. Avoid lying down.



BE SUN SMART

Avoid excessive sun exposure, tanning beds and heat for at least 48 hours.



WAIT ON MAKEUP

Avoid makeup on treated areas for at least 4 hours. Resume gentle skincare after 24 hours.

HELPFUL TIPS

- ♥ Keep your head elevated if resting.
- ♥ Stay hydrated and eat well.
- ♥ Arnica may help reduce bruising (if suitable for you).
- ♥ Bruising is uncommon but can happen.
- ♥ Be patient – give your results time to develop!

WHEN TO CONTACT US

Please reach out if you experience:

- ♥ Severe or increasing pain
- ♥ Signs of infection (redness, warmth, pus or fever)
- ♥ Headache that does not improve
- ♥ Any concerns – we're here for you!



We're just a call away.

TREATMENT TIMELINE



DAY 1-2

Slight redness, minor swelling or small bumps may be present. This is normal and will subside.



DAY 3-5

Results begin to appear. You'll start to see a smoother, fresher look.



DAY 10-14

Full results develop. Enjoy your natural and refreshed look!



3-4 MONTHS

Results last 3-4 months on average. Book your next appointment to maintain your best results.

Great results start with great aftercare. ♥

IMPORTANT TO REMEMBER



Follow aftercare instructions for the best and longest lasting results.



Your body is healing – be patient and gentle.



Most side effects are temporary and resolve within days.



Maintain a healthy lifestyle and great skincare to support your results.



Consistent treatments & maintenance help you look and feel your best.

♥
CONFIDENCE
IS YOUR
BEST FEATURE.

Thank you for trusting The Lux Nurse Injector

BEAUTY • CONFIDENCE • YOU

You deserve to feel amazing in your own skin. ♥

♥
BEAUTIFUL
RESULTS.
NATURALLY
YOU.