

Botox Aftercare Guide

Doctor-written advice for safe healing and the best Botox results.

Updated: March 2026

Thank you for choosing my [Wimbledon Cosmetic Skin Clinic](#) for your [Botox treatment](#).

I'm [Dr Suresh Mohan](#) (MBBS MRCS MRCGP), and I provide [doctor-led aesthetic treatments](#) in my London clinic, with a focus on [subtle, natural-looking results and safe, personalised care](#). I've created this **Botox aftercare guide** to help you feel confident in the days after treatment — with clear steps, reassurance, and practical advice for the smoothest, most natural result.



[Botox treatment](https://drmohanclinic.co.uk/botox-wimbledon/) - <https://drmohanclinic.co.uk/botox-wimbledon/>

A Quick Introduction to Botox

Botox (a neuromodulator) **works by relaxing targeted muscles to soften lines and prevent deepening of expression wrinkles.** Results develop gradually — you may notice early changes within a few days, with the full effect typically assessed at around **two weeks**.

A careful injection technique helps Botox perform at its best — and **good aftercare helps protect and support your result**, especially in the first 24–48 hours. This guide explains what to do straight after treatment, what to avoid, what's normal, and when to seek advice.

Botox Immediate Aftercare & Key Rules

Botox is a low-downtime treatment and most patients return to normal activities straight away. **The aim of aftercare is simple: let the product settle in the intended muscles, minimise bruising, and avoid pressure or heat** in the first day or two.

Immediate Aftercare (0-6 Hours Post-Treatment)

- **Stay upright:** for the first **4–6 hours**, avoid lying down or bending forward.
- **Avoid touching the treated areas:** no rubbing, pressing, or massage — this is the best way to reduce the risk of unintended diffusion.
- **Makeup:** ideally avoid makeup for **6–12 hours** (and apply gently if you need it later).
- **Be gentle with skincare:** cleanse lightly; avoid scrubs or strong “active” products that could irritate the skin.

Day 1 (First 24 Hours)

- **Exercise:** avoid strenuous activity for **24 hours** to reduce bruising and swelling.
- **Alcohol:** avoid alcohol for **24 hours**, as it can increase bruising and flushing.
- **Heat:** avoid saunas/steam/hot yoga and very hot baths/showers for **24–48 hours**.

Sleep (First Night)

- Try to sleep **on your back** if possible and avoid pressing your face into the pillow.

Medication & Supplements (2 Days Before/After Treatment)

- If medically safe for you to do so, avoid **ibuprofen and aspirin**, and supplements that may increase bruising (such as **St John’s Wort, cod liver oil, and vitamins A, B or E**) for **48 hours either side** of treatment.

(If you take prescribed medication, please don't stop it without medical advice.)

Skincare Products (48–72 Hours)

- Avoid retinoids and strong exfoliating acids for **2 days**. Sensitive skin bruises more.
- Keep skincare simple: gentle cleanser, moisturiser, and SPF.

Pressure & Other Treatments

- Avoid tight hats, helmets, goggles, or anything that puts firm pressure on treated areas for **24–48 hours**.
- Avoid facials, facial massage, and advanced treatments (peels, laser, microneedling) for **2 weeks either side of the treatment**.

Botox Aftercare Timeline: What to Expect

This timeline explains what most patients can expect after Botox, and the simple steps that help your result settle smoothly. Everyone responds slightly differently, but the guidance below covers the most common experiences through the first **two weeks**.

0–1 Hour After Treatment

What to do

- Stay upright and relax
- *(Optional if you want to include it)* Use gentle facial expressions if comfortable

What to avoid

- Touching, rubbing, pressing or massaging the treated areas
- Heavy makeup application

What's normal

- Tiny bumps at injection points
- Mild redness or slight stinging

1–4/6 Hours After Treatment

What to do

- **Stay upright** (no lying flat)
- Keep the areas clean and hands off

What to avoid

- Lying down or bending forward for long periods
- Rubbing, massaging or using a facial roller
- Tight hats/helmets/goggles that press on treated areas

What's normal

- Mild tenderness
- Occasional light headache
- Small bruises starting to appear

If you notice tiny bumps or redness at the injection points, don't worry — this is common and usually settles within a few hours.

4–24 Hours After Treatment

What to do

- Cleanse gently
- Sleep on your back if possible

What to avoid

- **Strenuous exercise**
- **Alcohol**
- Heat exposure (sauna/steam/hot yoga, very hot showers)
- Facials, facial massage, or intense skincare

What's normal

- Bruising may occasionally become more visible
- A “tight” feeling in the treated area
- No visible result yet (common)

24–48 Hours After Treatment

What to do

- Resume normal routine gradually
- Use SPF if outdoors

What to avoid

- Saunas/steam rooms/hot yoga (if you're prone to flushing/bruising)
- Deep pressure on the face (massage, firm treatments)

What's normal

- Bruising continuing to fade
- Early changes may begin for some patients

Over the next 24–48 hours, the focus is simply on letting Botox settle — avoiding heat, heavy exercise, and pressure on the treated areas. Gentle skincare and a little patience go a long way while results begin to develop.

Days 3–7

What to do

- Keep skincare gentle and consistent
- Be patient — results build gradually

What to avoid

- Judging symmetry too early
- Booking facial massage or advanced treatments too soon

What's normal

- Early softening of movement in some areas
- Slight temporary unevenness as muscles respond at different speeds

Days 10–14 (Full Result / Review Point)

What to do

- Assess your result at around **2 weeks**
- Contact your practitioner if you feel a review is needed

What to avoid

- Assuming the day 3–5 result is “final”

What's normal

- Full effect typically visible by **day 14**
- If needed, small adjustments are usually considered at review

A quick note on results

Botox works gradually. Some patients notice early changes around **day 3–5**, with clearer smoothing by **day 7–10**. The full result is usually assessed at around **day 14**, which is why I recommend waiting two weeks before judging symmetry or deciding whether a review is needed.

It's also completely normal to feel that “nothing is happening” in the first few days — the treatment is still settling and binding in the muscle.

What's Normal & When to Seek Advice

What's Normal After Botox

Most people feel well after Botox and return to normal activities straight away. In the first day or two, it's common to notice mild, temporary effects at the injection points as the skin settles.

Normal and expected effects may include:

- Tiny bumps at injection points (often settle within **minutes to hours**)
- Mild redness or tenderness
- Small bruises (may darken before fading)
- A mild headache in the first **24–48 hours** (more common after forehead/frown treatment)
- A “tight” or slightly heavy feeling as muscles begin to relax

It's also normal not to see a visible change immediately — Botox works gradually.

When to Seek Advice

If you've had Botox with me and you're unsure about anything — results, timing, or how things are settling — you're very welcome to contact me. If you received treatment elsewhere, please contact **your own practitioner or clinic**, as they are best placed to advise based on your treatment plan and the exact areas treated.

Please seek advice if symptoms **worsen rather than improve**, or if you experience:

- Increasing swelling, redness, warmth, or tenderness
- Significant bruising that continues to worsen
- A severe or unusual headache (especially if it's worsening)
- New eyelid or brow drooping, or any unexpected change that concerns you
- Any reaction that feels unusual for you

Serious complications are uncommon, but it's always better to ask early if you're unsure.

If you ever experience severe symptoms (for example, difficulty breathing, significant facial swelling, or anything that feels urgent), seek immediate medical help.

Everyday Questions (Quick Answers)

1) What should I not do after Botox?

For the first **24 hours**, avoid rubbing or pressing the treated areas, strenuous exercise, and alcohol. For the first **4–6 hours**, stay upright and avoid lying flat.

2) What is the 4–6 hour rule after Botox?

Stay upright for **4–6 hours** after treatment. Avoid lying down or bending forward for long periods, as this helps reduce the risk of unintended product movement.

3) How long after Botox can I exercise?

Avoid strenuous exercise for **24 hours**. Light walking is fine, but save gym sessions, running and hot yoga for the next day.

4) Can I drink alcohol after Botox?

It's best to avoid alcohol for **24 hours**. Alcohol can increase bruising and flushing; after that, normal consumption is fine unless advised otherwise.

5) How long after Botox can I lie down?

Try to stay upright for **4–6 hours** after treatment. If you accidentally lie down briefly, don't panic — sit back up and avoid rubbing or pressing the area.

6) Can I shower after Botox?

Yes — but keep it gentle. Use **lukewarm water** and avoid very hot showers for **24–48 hours**. Don't rub the treated areas.

7) Can I go to the sauna / steam room after Botox?

It's best to avoid saunas, steam rooms, and hot yoga for **24–48 hours**, as heat can increase swelling, flushing, and bruising.

8) Can I wear makeup after Botox?

Ideally avoid makeup for **6–12 hours**. If you do apply it later the same day, keep it light, use clean brushes, and avoid pressing firmly on the skin.

9) How long does Botox take to work?

Botox works gradually. Some people notice early changes around **day 3–5**, with clearer results by **day 7–10**. Full results are typically assessed at around **day 14**.

10) Is it normal to feel heaviness or tightness?

Yes — a mild tight or “heavy” feeling can happen in the first few days, especially in the forehead. It usually settles as the muscles adjust.

11) Can Botox cause headaches?

A mild headache can occur, particularly after forehead or frown treatment, and usually resolves within **24–48 hours**. If a headache is severe, unusual, or worsening, seek advice.

12) When can I have a facial or massage after Botox?

Avoid facials and facial massage for **2 weeks**, as firm pressure can affect settling. If you have a skin treatment booked (peel, laser, microneedling), it's best to check timing with your practitioner first.

Quick reminder:

Botox develops gradually — be patient in the first few days, stay upright for 4–6 hours, and avoid rubbing or pressing the treated areas for 24 hours for the smoothest settling.

More detailed reading

If you'd like deeper detail, I've written other patient-friendly guides:

- **Everything you need to know about Botox for a natural look**
<https://drmohanclinic.co.uk/everything-you-need-to-know-about-botox-for-a-natural-look/>
- **Is 40 the right age to start Botox?**
<https://drmohanclinic.co.uk/is-40-the-right-age-to-start-botox/>
- **What are the top 3 areas to get Botox?**
<https://drmohanclinic.co.uk/what-are-the-top-3-areas-to-get-botox/>

Getting the Best Result from Botox

Botox is designed to soften **expression lines** by relaxing targeted muscles — especially in areas like the frown lines, forehead and crow's feet. It doesn't add volume like dermal fillers, which is why results can look **fresh, subtle and natural** when performed carefully.

When results start to show

Botox works gradually, and results build over the first two weeks.

- **Days 3–5:** early softening of movement may begin
- **Days 7–10:** smoothing becomes more noticeable and balanced
- **Day 14:** full result — this is the best time to assess your outcome

Everyone responds slightly differently, so timing can vary depending on muscle strength, metabolism, and the area treated.

Why Botox often works best with a long-term plan

Many patients get the best results when Botox is approached as part of a longer-term plan — aiming for a **natural look**, preserving expression, and preventing lines from becoming more established over time.

If you have treatment with me, I'll advise you on the most suitable approach based on:

- your goals (softening, prevention, or both)
- the areas being treated
- your facial movement patterns and muscle strength

Simple ways to support your results

After the first day, the basics make the difference:

- avoid rubbing or firm pressure on treated areas early on
- use SPF daily and keep skincare consistent
- prioritise sleep and hydration where possible
- avoid excessive heat exposure if you're prone to flushing

If you have questions

Every patient — and every treatment plan — is slightly different, so if you're unsure about anything (results, timing, or how things are settling), please contact your practitioner for advice. If you had treatment with me, you're very welcome to get in touch directly.

I hope this guide has helped you understand [Botox aftercare](#) and what to expect as your result develops. I've also written a fuller, step-by-step Botox aftercare guide and answers to common questions on my website:

Botox Aftercare: <https://drmohanclinic.co.uk/complete-guide-to-botox-aftercare/>

Where to get Botox in London

If you're looking for [Botox treatment in London](#), I offer doctor-led anti-wrinkle injections at my aesthetic clinic in **Wimbledon**. I regularly see patients from across **South West London** — including **Raynes Park, Kingston, Earlsfield, Putney, Clapham, Richmond and Surbiton**.

Botox in Wimbledon: <https://drmohanclinic.co.uk/botox-wimbledon/>

Contact Dr. Mohan Cosmetic Clinic

Email: info@drmohanclinic.co.uk Phone: **07702389636**



The Garden Room, 51 Spencer Road, London SW20 0QN

Claim Your Free Consultation

At my Wimbledon clinic, I'm committed to helping you achieve natural-looking results with safe, personalised care. If you'd like tailored advice — whether you're considering Botox or simply want to talk through your skin goals — you're very welcome to book a **complimentary consultation** with me.

To arrange your free consultation, or if you have any questions, you can contact me here:

- Phone: **07702 389 636**
- Email: **info@drmohanclinic.co.uk**

Dr. Suresh Mohan Clinic

I qualified as a doctor in 2000 and initially worked in surgery before retraining as a GP. I'm GMC registered (No. 4735795) and practise to strict medical standards of ethics, confidentiality and safety.

In aesthetics, my focus is always on **subtle, natural-looking results** — enhancing your features without an “overdone” look. I've completed advanced injectable training, including **Level 7 qualification**, and I'm fully insured.



Dr. Suresh Mohan
MBBS MRCS MRCGP

