after care



ASTER AESTHETICS

neuromodulator *post-care*

WHAT TO EXPECT

Mild redness, swelling, small bumps, or pinpoint marks are normal and usually settle within a few hours. A mild headache may occur following initial treatments. Bruising ranges from tiny dots to a larger bruise that can take up to two weeks to fade. Mild temporary asymmetry is common as treated muscles respond at different rates.

YOUR RESULT TAKES 14–21 DAYS

Movement begins to soften around day 3–4, but your result is not at peak effect until 14 to 21 days. This is when we want to assess it — not before. Please do not judge your result in the first week. We will see you for your refinement visit at 14–21 days to look at it together and make any small adjustment. Results then last 3–4 months, depending on the product, the dose, the area treated, and your own metabolism.

FIRST 24 TO 48 HOURS

- Do not vigorously massage or rub the treated areas. Normal washing and gentle skincare are permitted.
- Skip saunas, steam rooms, hot tubs, and hot yoga.
- Avoid facials, facial massage, microdermabrasion, active skincare, and skincare devices.
- Wait 24 hours before makeup over the injection sites, and keep the skin clean.
- Use Tylenol rather than ibuprofen for any discomfort/headaches if it is safe for you. For a bruise, we recommend oral and or topical arnica.

WHAT YOU CAN DO Common Myths

- You can lie down. Resting, napping, or sleeping in any position will not displace the product.
- Light exercise is fine. Walking and normal daily activity will not affect your result. It is the heat of a sauna or hot yoga we are avoiding, not movement.
- Normal facial expression is fine. You do not need to avoid talking, smiling, or frowning, nor will doing it intentionally change the results of your treatment.

FIRST TWO WEEKS

- Avoid lasers and other heat-based facial treatments. Swelling from these treatments can cause displacement of the neuromodulator and lead to an unwanted result.
- Allow the full 14-21 days before judging your result. Muscles relax at different rates, and early unevenness almost always settles on its own by peak effect.

REACH OUT WITH ANY CONCERN

Most of what you notice in the first days is ordinary. If something does not feel right to you, call or text us — there is no question too small.

- Drooping of an eyelid or eyebrow, or an expression that feels uneven to you. This is temporary, and there are things we can do to help it along. Double or blurred vision, a severe or lasting headache, or signs of infection such as spreading redness, warmth, discharge, or fever. Difficulty swallowing, speaking, or breathing, or unusual muscle weakness. Seek medical care and let us know — this is rare, and it can show up anywhere from hours to weeks after treatment.

Anything that simply worries you, including how your result is settling. Checking in is never a bother.