DR EYAS MEDANAT

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GUIDES · SMOOTH & LIFT BOTOX

Botox (Anti-Wrinkle Injections)

Botox relaxes the muscles that cause expression lines — the forehead, frown lines, crow's feet and other areas we plan together. The treatment takes minutes and there is no downtime, but what you do in the first hours afterwards helps give an even result.



1 At a glance

PROCEDURE TIME	ANAESTHESIA	BACK TO WORK
About 10 minutes	Usually none — a very fine needle; numbing cream if you prefer	Straight away

EXERCISE	RESULTS	HOW LONG IT LASTS
After 24 hours	Start in 3–5 days; full effect at 2 weeks	Usually 3–4 months

2 Before your treatment

Specific to this procedure

- Tell us if you are pregnant, breastfeeding or planning a pregnancy — Botox is not given at these times.
- Tell us about any muscle or nerve condition (such as myasthenia gravis) and any antibiotics you are taking.
- Avoid alcohol, aspirin and anti-inflammatory painkillers for 24–48 hours before, to reduce bruising.
- Book at least 2 weeks before an important event, so the full effect is there in time.

3 After your treatment

First 4 hours

- In the first hours the Botox is still settling into the muscles. These rules keep it where it was placed, so it does not move to nearby muscles (which can cause a drooping eyelid or brow).
- Stay upright — do not lie down, bend forward or put your head down for 4 hours.
- Do not touch, rub or massage the treated areas.
- Avoid pressure on the treated areas: no tight caps, headbands or face masks.

First 24 hours

- No gym, exercise or heavy lifting — raised blood flow and straining can move the Botox.
- No sauna, steam, hot yoga or very hot showers.
- No alcohol.
- Make-up can be applied gently after 4 hours.
- No facials, facial massage or laser treatments for 2 weeks.

What to expect

- Small bumps at the injection points settle within 30 minutes; a small bruise is possible.
- A mild headache on the first day can happen and passes on its own.

- The effect starts in 3–5 days and is complete at 2 weeks — we review you then and adjust if needed.

4 Your recovery, week by week

First 30 minutes
Small bumps at the injection points fade.

Day 3–5
The muscles begin to relax.

Week 2
Full effect; review and touch-up if needed.

Months 3–4
The effect wears off gradually; time for your next session.

5 Follow-up visits

- 2 weeks after your procedure

Call us straight away if you notice

⚠ A drooping eyelid or eyebrow, or an uneven smile — contact us; it is temporary and we can often help.

⚠ Difficulty swallowing, speaking or breathing, or blurred or double vision — this is very rare; get urgent medical help (998), then tell us.

⚠ Increasing redness, heat, swelling or pain after the first 2–3 days, pus, or a fever.

⚠ Anything you are worried about — send us a photo on WhatsApp and we will advise you.

⊕ **Chest pain, difficulty breathing, or heavy bleeding that will not stop: call 998 (ambulance) or go to the nearest emergency department, then let us know.**

Questions while you recover — Message or call the clinic any time — no question is too small, and it is always better to ask early. **+971 50 108 8378** (WhatsApp) · info@eyas.doctor

This guide gives general advice. Dr. Eyas may give you instructions made just for you — at your consultation or when you go home after surgery. If his instructions are different from this guide, follow his instructions. If you are not sure, message us. Last reviewed: November 2026.