

Can You Exercise After Botox or Dermal Filler Treatments

“Am I allowed to exercise after my Botox injections?” and “Can I attend yoga class after getting fillers?” are some of the common questions we hear from patients at Ethos Spa. Whether you’re a weekend warrior or a gym fanatic, it’s important to know how your treatment will affect your exercise habits.

So can you exercise after getting Botox or injectable fillers? The answer is no. Most board certified cosmetic surgeons highly recommend avoiding strenuous exercise for at least 24 hours - 48 hours after your treatment.

Why You Should Avoid Exercising After Cosmetic Procedures

While exercise is good for your skin and can even help regulate cellular aging, your dermatologist will ask you to wait at least 4 hours before you exercise - including bending over or lying down. However, the most ideal time to wait is at least 24 hours to play it safe before exerting yourself in any way. There are several reasons why it’s better to skip your gym session after getting fillers or a Botox procedure:

1) The products’ effects may wear off faster.

Botox and fillers are frequently used together to create a younger look in patients. Botox prevents the muscles from moving and smooths out frown lines or wrinkles, while fillers are injected to increase volume in areas that have thinned with age.

Ordinarily, Botox lasts 3 - 4 months before needing to be redone while fillers may last around 6 months. However, doctors have observed seeing fillers and Botox lasting for a shorter time in people who exercise heavily. The reason behind this phenomenon isn’t clear to us yet but it’s still best to wait for the products to settle into your body before doing a drastic workout.

2) You might not get your desired results.

Strenuous exercise after Botox or fillers could cause the product to migrate. When products are injected, different proteins diffuse to the treatment area. An increase in blood flow during a workout can metabolize the product before the diffusion is complete.

Facial strain from exercise is another concern. As your facial muscles make certain expressions, the cosmetic products may move to a different side of your face and cause an unintended shift. It is also best to avoid even “light” or low-impact workouts like yoga or Pilates for the first 4 hours, because of the changes in the head position.

3) You could bruise faster.

Exercising gets your heart pumping and raises your blood pressure, which may cause side effects such as bruising or swelling after a cosmetic treatment. With an increased blood flow, your Botox may move away from the initial injection site and temporarily paralyze surrounding muscles.

Fillers, on the other hand, take time to “mature” in the skin. Fillers absorb water from your tissues and adjust on its own to the natural muscle action in your face. However, exercising may speed up that process, prompting the gel to expand more quickly and break blood vessels in the process. If you’re prone to bruising, it’s best to rest for a full 24 hours before heading back to the gym.

4) Your risk of infection will increase.

Swimming and any other physical activity that causes you to sweat are off-limits for at least 48 hours. At this point in time, bacteria can still enter the injected areas of your skin and create an infection in your body. To prevent any post-procedure complications, avoid any form of exercise after Botox or fillers.

5) You might put pressure on the injection site.

After you get Botox or fillers, your doctor will ask you to avoid touching your face for the first 4 hours. Adding pressure could cause the Botox to migrate from the injected area and prevent fillers from integrating into your tissues naturally. Changes in the head position may also be difficult, as you will find your face sensitive and prone to discomfort after treatment.

Certain activities that require headgear like tight goggles or face masks can cause pressure on facial areas, so swimming and cycling are out of the question. Even wiping the sweat from your forehead can cause a mini massage in that area, which you will want to avoid. One of the instructions you can follow is to simply stay upright and not lie down following your injection session.

Other Things To Avoid After Botox or Fillers

Aside from exercise after Botox and fillers, there are other things a cosmetic surgeon would advise a patient against. These include:

- Flying
- Lying down
- Bending down
- Drinking alcohol
- Applying makeup
- Getting a facial
- Getting a spray tan
- Sleeping on your face
- Taking a hot shower or bath
- Wearing a shower cap
- Getting your eyebrows waxed, threaded, or tweezed
- Visiting saunas, steam rooms, or tanning beds
- Taking ibuprofen and other blood-thinning pain relievers

Tips For Extending The Effects of Facial Procedures

As more and more people try out injectable cosmetics like Botox and fillers, they would need to take care of extra care of their bodies after a procedure to have long-lasting results. If you want to extend the effects of these cosmetic procedures, here's what you need to know:

Protect your skin from the sun: One of the basic rules in skincare is to avoid too much exposure to sunlight. Sun damage can cause spots and other signs of aging. The UV rays in the sunlight are also believed to degrade the hyaluronic acid in fillers, so maximize your investment by applying lots of sunscreen and staying in the shade.

Do some facial exercises: After getting Botox, it's actually good to move your facial muscles around to help work the Botox into your body. Small movements like squinting, smiling, frowning, or raising your eyebrows can better incorporate the Botox in the treatment area and yield spectacular results.

Eat a healthy diet: For any procedure, a healthy diet should be part of your treatment plan. Eating more whole foods like vegetables, fruits, grains, and lean proteins can maximize the effect of the products and enhance your appearance. Avoid junk or process foods to keep your skin clear and prevent increased inflammation in your body.

Stay stress-free: Stress is never good in normal circumstances, but did you know that cortisol and other stress hormones can actually interfere with your new fillers? Stress speeds up the aging process so you need to find a way to reduce it. Deep breathing, meditating, or cutting back on commitments are some way you can manage your stress levels.

Experience Great Aftercare At Ethos Spa

Injectables are a good way to get rid of worry lines or sagging skin for good, but fantastic results don't depend on products alone. Aftercare is an important stage in any treatment plan for a smooth recovery and a satisfying outcome.

At Ethos Spa, we deliver the best care to our clients. Enjoy a world-class experience in the hands of New Jersey's leading injectors. Book an appointment with Ethos Spa today.