

Botulinum Toxin Aftercare

- Try to exercise your treated muscles for the 4 hours after your Botulinum Toxin Treatment (this will work the injection into your muscle)
- Do not lie down or do strenuous exercise for 4 hours after treatment
- Avoid heat such as sauna, hot baths/showers or tanning for 24 hours
- Keep head upright if picking anything up from the floor for the rest of the day
- Do not drink alcohol for the rest of the day.
- Do not rub or massage the area for at least 24 hours – apply makeup very gently.
- Avoid other facial treatments for 2 weeks after treatment
- Avoid flying for 2 weeks after treatment
- Common side effects include bruising, redness, tingling, swelling, irritation, itching, discomfort at the injection sites, all of which are temporary. Arnica tablets help to minimise bruising.

How long does Botox last?

Anti-wrinkle injections are a temporary procedure and have different effects on every individual. Your treatment typically lasts for 2-4 months dependent upon your health, lifestyle and age.

After your first treatment you may find that the effects wear off slightly quicker than consecutive treatments. This is normal. As Botox works on the chemicals in the muscles, gradually over time it builds up resistance and creates a longer lasting effect.

However, this will take time and your first treatment may only last 2 months.

If you maintain your treatment appointments with the frequency recommended (normally every 3-4 months), the duration of each treatment result may last long.

2-Week Review

As everyone is different, there can be variations in how each person reacts to Botox. Occasionally, an adjustment is required 14-21 days after your treatment once your Botox has settled.

If you have any concerns, please contact me via email or telephone as above.