

Anti-Wrinkle (Botulinum Toxin) Aftercare

After Botox treatment there will be some raised areas of skin/lumps and redness. This will settle after 10-20 minutes.

There are several important pieces of advice to follow after treatment:

- Do not touch, rub or massage the injection site.
- Avoid alcohol for 24 hours where possible. If it cannot be avoided, there is a slight increase in bruising risk.
- Avoid applying makeup to the treated area for at least 3 hours. 12 hours is preferable where possible.
- You can exercise the treated muscle to help the botulinum toxin to diffuse into the muscle. This is not essential but can be beneficial.
- It is recommended that you stay upright for the next 2-3 hours if possible.
- Avoid any activities that involve heat (gym, sauna, hot bath, sunbeds) for at least 12 hours.
- Avoid hot drinks for 2-3 hours
- If you have any bruising after injections, use a cool compress for 1-2 hours post procedure to reduce this. It will not fully resolve for at least 1 week however.
- You can cleanse your skin with simple cleanser but avoid vigorously washing for at least 12 hours.

Botox activity starts to work after 3-5 days and full effects are seen at the 14-day point. If the result is not quite where you want it to be, a review and “top-up” (meaning additional botox injection) within 31 days can be offered. Not everyone requires “top-up” injections but a review may be beneficial. Only one round of “top-up” injections will be offered as part of the treatment price.

Results are expected to last up to 3-6 months and this is highly variable depending on multiple factors. It also has a gradual wearing off period meaning some movement may return at the 3-4 month point (or earlier) but the full effect doesn't wear off until several months later.

If you develop any side effects and require advice please contact via email or the website:

- Eyelid/eyebrow drooping
- Asymmetry
- Any side effects that are non-urgent.

There is a minute risk of respiratory depression (reduced breathing ability) after botulinum treatment. This is typically in very high doses used for other treatments outside of cosmetic. If you feel unwell or in distress, please seek urgent medical attention.