



*Dr S Aesthetics*

EMBRACE YOUR AUTHENTIC BEAUTY

# BOTOX AFTERCARE



[dr\\_saesthetics](#)



07803 420 878



[hello@drsaesthetics.uk](mailto:hello@drsaesthetics.uk)

## **\*Aftercare and Advice \***

### **\*BOTULINUM A TOXIN\***

Today you may have undergone a treatment in which a tiny amount of muscle relaxing protein has been injected into muscles to improve appearance. It will usually take between 3 and 10 days to start to see any muscle relaxing effect and 14 days until full effect has been reached.

Treatments take 14 days to fully work and last 3-4 months on average.

### **\*What's Normal after a Procedure?\***

Injections can cause small amounts of swelling, a temporary bump, redness, bruising, a mild to moderate headache, and sensation as tingling or mild itching after treatment.

These effects are common and they can be considered a normal part of the process.

The initial effects will show in 2-5 days. Peak effect will be in 14 days and it will wear off in 3-4 months on average

# BOTOX *aftercare*



**Stay hydrated:**

Drink plenty of water to help flush out toxins and aid in the healing process.



**Stay upright for several hours:**

Avoid lying down or bending over for at least four hours after the procedure.



**Keep the treated area clean:**

Gentle cleansing with a mild soap and water is usually recommended.



**Avoid alcohol and blood-thinning medications:**

Avoid them for a few days following treatment.



**Don't undergo additional cosmetic treatments immediately:**

Wait at least two weeks before undergoing other cosmetic procedures, such as facials or laser treatments, in the treated area.



**Avoid strenuous exercise:**

Refrain from strenuous exercise or activities that cause excessive sweating for at least 24 hours after treatment.



**Avoid excessive sun exposure:**

Wear sunscreen and protective clothing if you need to be outdoors.



**Avoid touching or rubbing the treated area:**

Touching or rubbing the treated area can cause the Botox to spread to unintended muscles, leading to undesirable effects.

**\*Contact us.\***

- If any side effects like droopy eyelid or heavy brow
- If you feel distressed or worried in any way.
- Routine adjustments can be carried out from day 14 after your treatment



*Dr S Aesthetics*

EMBRACE YOUR AUTHENTIC BEAUTY