

## BOTULINUM TOXIN ADVICE & AFTERCARE SHEET

The 4 Hour Rule:

- > Try to exercise your treated muscles for the 4 hours after your Botox treatment by moving it with expressions. (this will work the injection into your muscles).
  - > Do not lie down for 4 hours after treatment.
  - > Avoid any exposure to a sauna, hot baths/showers or tanning for 4 hours.
  - > Do not drink alcohol or exercise for at least 4 hours.
  - > Keep head upright if picking anything up from floor for at least 4 hours.
- 
- > Do not apply makeup for at least 24 hours.
  - > Do not rub the treated area or have a facial for at least 24 hours

It is also worth noting - you may experience a mild headache after the Botox treatment, if this does happen you may take Paracetamol as needed.

Do not take - (either before or after treatment) Aspirin, Ibuprofen, Neurofen or other anti-inflammatory as this may increase any bruising. There is a risk of bruising, if this does occur, it will only be temporary and can be covered with makeup.

Top up's: If we feel that your muscle is particularly resistant, and you require a top up treatment, you have a 4-week window from the initial treatment to have this.

It takes 14 days for botulinum toxin to work fully, therefore we ask for this initial time to pass before your top up, then you have a further 2-week window to have any top ups, or adjustments.

\*\*\*\*It is also worth noting the longevity of Botox, which can vary from 3 to 6 months depending on how strong your muscles are. It is advised to have 3-4 session of botox a year to have the best long term result.

If you have any questions, no matter how big or small, please reach out to:  
Natalie Faccini, tel: 07503793750 or email [aesthetics@nataliefaccini.co.uk](mailto:aesthetics@nataliefaccini.co.uk)