

Aftercare Form – Botox

The following aftercare advice is essential to help reduce the risk of treatment complications, improve your comfort and healing, and achieve the best possible results from your Botox treatment. Please follow these guidelines carefully:

- **Do Not Lie Down:** Avoid lying down for 4 hours after treatment.
- **Avoid Heat Exposure:** Avoid saunas, hot baths/showers, and tanning for 4 hours.
- **No Alcohol or Exercise:** Do not drink alcohol or exercise for at least 24 hours.
- **Keep Head Upright:** Keep your head upright if picking anything up from the floor for at least 4 hours.
- **No Makeup:** Do not apply makeup for at least 24 hours.
- **No Rubbing or Facials:** Do not rub the treated area or have a facial for at least 24 hours.

General Aftercare:

- **Mild Headache:** You may experience a mild headache after the Botox treatment. If this happens, you may take paracetamol as needed.
- **Avoid Certain Medications:** Do not take aspirin, ibuprofen, Nurofen, or other anti-inflammatory medications before or after treatment, as they may increase bruising. Any bruising will be temporary and can be covered with makeup.

Top-Ups:

- **Resistant Muscles:** If your muscles are particularly resistant and you require a top-up treatment, you have a 4-week window from the initial treatment to receive it.
- **Full Effect:** It takes 14 days for botulinum toxin to work fully. We ask that you wait for this initial period to pass before considering a top-up. You then have a further 2-week window for any top-ups or adjustments.

Longevity of Botox:

- **Duration:** The effects of Botox can last from 3 to 6 months, depending on the strength of your muscles.
- **Maintenance:** For the best long-term results, it is advised to have 3-4 sessions of Botox per year.

If you have any questions, no matter how big or small, please reach out!