



Botulinum Toxin A Pre & Post Treatment Advice

Pre-treatment Advice

- Avoid the use of over the counter medications such as Aspirin and Ibuprofen during the week prior to treatment. Also avoid the use of herbal supplements such as Garlic tablets, Vitamin E, Gingko biloba, St Johns Wort and Omega 3 Capsules. Clients taking prescribed anticoagulant medications may need to seek further advice from Kelly at their consultation.
- 3 days before treatment - Avoid topical products such as Tretinoin, Retinols, Glycolic Acid, Alpha Hydroxy Acids or similar 'Anti-Ageing' products. Also avoid waxing, bleaching, tweezing or the use of hair removal creams on the areas to be treated.
- Avoid alcohol for 24 hours before (and after) treatment to help prevent extra bruising.
- Botulinum Toxin Injections are not suitable if you are pregnant or breastfeeding, If you are allergic to any of the ingredients or suffer from certain neurological disorders. Please inform Kelly if you have any questions about this prior to treatment.

Day of Treatment

- Please attend the clinic with a clean face. Makeup will need to be removed prior to treatment.
- You may experience a mild amount of stinging or tenderness at the injection sites. This usually settles very quickly but may last for a few hours.
- Some redness and swelling is normal, this usually settles quickly.
- Occasionally clients can develop some small bruises in the areas treated.

Following Treatment

- Stay in an upright position for 4 hours post-treatment. Do not rest your head or lay down.
- Avoid gym exercise or strenuous activities for 2-3 days following treatment. Other activities may be resumed immediately.
- You may apply an ice pack or a cold gel pack to help reduce any redness or swelling.
- Makeup should not be applied to the treated area for at least 12 hours following treatment. This helps to reduce the risk of infection.
- Avoid placing excessive pressure on the treated areas for a few days, be very gentle when cleansing your face or applying makeup.
- Avoid wearing tight fitting head protection such as a motorcycle helmet for 2-3 days following treatment. This will help prevent the Botox being displaced to adjacent muscles.
- Wait a minimum of 24 hours (or as directed by your practitioner) before receiving any further skin care procedures to the areas treated. Facial massage treatments and electrical stimulation treatments such as CACI should be avoided for 2 weeks.
- Botox treatments take effect between 2-14 days following treatment. Please do not be concerned if you do not see an immediate effect.
- A complementary review appointment is offered to all clients receiving Botulinum Toxin Injections. This optional appointment should be booked 2-4 weeks following treatment if required and gives an opportunity to discuss any concerns. This can be booked via the online booking system.
- Please contact Kelly Costello 07793 737859 if you have any immediate concerns regarding unusual side-effects or reactions - These are very uncommon.