

Good Genetics Aesthetics
BY NATALIE FACCINI

Anti-Wrinkle Injections
AFTERCARE

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:

- **Exercise Treated Muscles:** For 4 hours after your Botox treatment, try to exercise the treated muscles by moving them with facial expressions. This helps the injection work into your muscles.
- **Do Not Lie Down:** Avoid lying down for 4 hours after treatment.
- **Avoid Heat Exposure:** Avoid saunas, hot baths/showers, and tanning for 48 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.

IT IS IMPORTANT TO FOLLOW THE SPECIFIC AFTERCARE INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE AFTERCARE PROCESS, BE SURE TO ASK YOUR PRACTITIONER FOR MORE GUIDANCE.

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GENERAL AFTER CARE

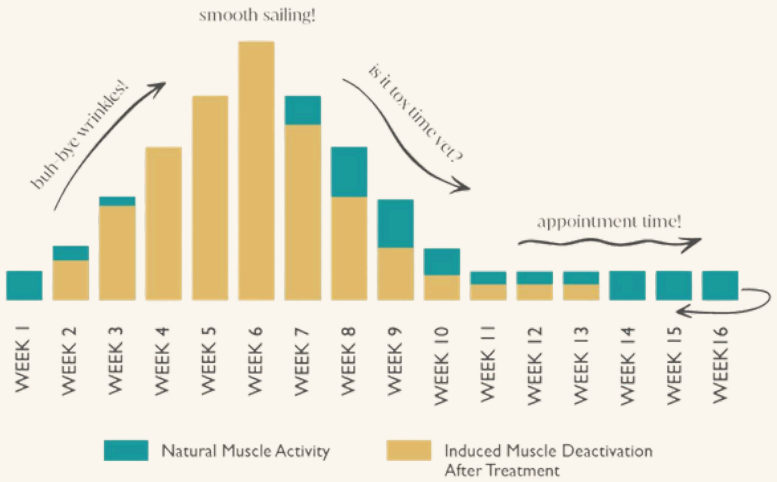
It's not uncommon to experience mild headache after the Botox treatment. If this happens, you **may take paracetamol** as needed.

You should, however, **avoid** certain medications such as **aspirin, ibuprofen, Nurofen, or other anti-inflammatory medications** before and after treatment, as they may increase bruising. Any bruising will be temporary and can be covered with makeup.

Top-ups:

- If you have particularly resistant muscles and require a top-up treatment, you have a **4-week window** from the initial treatment to receive it.

- It takes 14 days before the full effect has been achieved**.** 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:

- **Botox can last from 3 to 6 months**, depending on the strength of your muscles.

- For the best long-term results, it is advised to have **3-4 sessions of Botox per year**.

Medical Attention

- Contact your practitioner immediately if you experience any signs of infection, such as hot, red, shiny skin, pus formation, fever, or feeling generally unwell.

- Seek emergency medical attention if you experience severe allergy symptoms, including rash, facial swelling, or difficulty breathing.

- Contact your practitioner as soon as possible if you notice any other unwanted side effects.