

BOTOX® FAQs and Aftercare

The thing to keep in mind about BOTOX® is that there really is no downtime. The procedure is quick, non-invasive and proven to be safe. Procedures take an average of 20 minutes, after which you can go about your normal activities.

Is there anything I should not do after BOTOX®?

Botulinum Toxin is a quick and safe procedure that has very little impact on usual activity on the day of injection. We deliver tiny injections to relax the action of the muscles that create excessive movement. These movements create 'dynamic wrinkles' over time.

We recommend the following precautions to allow the anti-wrinkle injections to work optimally in the targeted muscles:

- No rubbing or massaging of the injected area for 4 hours after treatment, including facials.
- No strenuous exercise for 24 hours after treatment.
- Keep upright for 4 hours.
- Avoid headwear that is tightly fitted across the forehead.
- Reduce excessive alcohol consumption or medically necessary blood-thinning medication before the treatment to prevent bruising.

How soon after can I go back to my normal exercise regime?

Patients can resume normal daily activities immediately following treatment. Light exercise can be performed after 4 hours but it is recommended that strenuous activities are avoided for 24 hours. After 4 hours you may perform light exercise such as:

- Walking
- Jogging
- Upright yoga (avoid any positions that leave you lying flat or upside down)
- Gardening

It is recommended that you wait 24 hours before attempting any strenuous exercise, including:

- Weight training
- Cross-training
- Long-distance running
- Yoga (positions where the body is inverted)

Are there any possible side effects?

In most cases, there will be no side effects to treatment of BOTOX®. However, because everybody's physiology is different, people can be affected in different ways. A small minority of people reported the following side effects:

- Bruising — For the majority of patients, the area of injection will appear no different. For a small minority, some minor bruising may occur.
- Bumps — A few minutes after treatment small bumps may be visible on the skin. These will disappear very quickly.
- Headache — True BOTOX® allergies are exceedingly rare. Temporary headache is the most commonly reported symptom following anti-ageing injectables, though the numbers of patients who report headaches is very small compared with the number of treatments performed. Any headache can be treated with usual painkillers.

How soon can I drink alcohol after my muscle relaxant treatment?

Some practitioners advise limiting alcohol in the first 24 hours and for the day prior to treatment. This is because alcohol can thin the blood much like an aspirin, and abstaining can help prevent bruising.

BOTOX® FAQs and Aftercare (continued)

What are the symptoms of a reaction to BOTOX®?

Generally, BOTOX® injections side effects are rare and recovery is swift. Your practitioner is available should you have any questions or concerns over minor side effects such as bruising and headache.

Am I allowed to touch my face after having anti-wrinkle injections?

Yes. Your face will not feel overly sore or tender. Treatment will not prevent you from washing or continuing with your normal skincare regimen. However, you are advised to avoid rubbing or massaging your face for up to 4 hours after your last treatment.

Are BOTOX® injections long-lasting?

Although some people experience longer-lasting results, scientific evidence shows that the effect of Botulinum Toxin injections usually last 12-16 weeks.

Can I keep having anti-wrinkle injections?

Yes. BOTOX® does not 'build up' or accumulate in your system. We recommend scheduled treatments at about 12-16 weeks. Once the effects have worn off it is safe for you to top up treatments in the same area. It is also perfectly safe to have multiple treatments in different areas at the same time.

What happens when Botox® wears off?

Once the treatment wears off, your muscles will function as they did before the injectables. This means that the wrinkles you smoothed or reduced will slowly begin to appear again. You will simply witness old wrinkles reappearing, and no new wrinkles should emerge.

Can I wear make-up after my treatment?

Yes. Ideally, avoid make-up for an hour or so. However, mineral make-up can be applied immediately after BOTOX®. Again, it is recommended that you do not apply too much pressure during these activities in order to ensure that the injectable treatment does not disperse from the treated area.

What if my BOTOX® results are not what I expected?

The results of Botulinum Toxin injections usually show through from 3-5 days to two weeks post-treatment. We review the technical and aesthetic results after this time in a follow-up session.