

---

# NML London Aesthetics

---

Aftercare information after Botox™ injection

Ten DOs and DON'Ts of Botox™ aftercare

1. **DO** be prepared that you may experience slight discomfort around the treatment area – this should be minor and resolve within an hour or so.
2. **DO** help activate the Botox™ by gently using the muscles that have been treated – for example frown and smile as frequently as possible after the procedure for 1-2 hours.
3. **DO** not apply makeup or spray tan for 6 hours after treatment to avoid risk of infection
4. **DON'T** rub the injection sites after the procedure for 12 hours as this may cause the Botox™ to diffuse into the wrong area and cause unwanted effects in other areas of the face.
5. **DON'T** do any vigorous exercise for 24 hours after the procedure to avoid diffusion of the Botox™ to unwanted areas of the face
6. **DO** minimise bruising by avoiding aspirin and alcohol for 24 hours post treatment

7. **DO** avoid getting too hot got 48 hours after treatment such as saunas, steam rooms, hot yoga, extreme heat
  
8. **DON'T** have facial massages, facial stimulation, dermaroller treatments, permanent makeup, microdermabrasion or facial skin laser treatments for 1 week after the injections
  
9. **DON'T** be disappointed if you don't see a dramatic change immediately. Maximal treatment effect usually takes 4-10 days. At NMLondon we offer a free follow up appointment with a doctor at 2 weeks to ensure the treatment meets your expectations. If needed, free top-up Botox injections can be given at this appointment
  
10. **DON'T** have any further Botox™ injections between weeks 3 – week 12 after you have had the initial injection. This is to reduce the risk of developing resistance to the Botox.

We do hope that you are happy with your treatment. If you are worried about the treatment or have any questions then please contact NMLondon for further advice.

Dr Nasha Matin, Medical Director, NMLondon Aesthetics

[bookings@nmlondon.com](mailto:bookings@nmlondon.com)

[www.nmlondon.com](http://www.nmlondon.com)

WhatsApp: 07367715738

Instagram @nmlondon\_aesthetics

Facebook NMLondon Aesthetics