



# Botulinum Toxin Aftercare

After treatment:

- do not massage the treated areas on the day of treatment.
- avoid lying down for 4 hours immediately after treatment.
- avoid applying heat to the treated area on the day of treatment.
- avoid activities that cause facial flushing on the day of treatment, including consuming alcohol, hot tub or sauna use, exercising and tanning.
- gently apply a cool compress or wrapped ice pack to the treated areas for 15 minutes every few hours as needed to reduce discomfort, swelling, or bruising up to a few days after treatment. If bruising occurs, it typically resolves within 7-10 days.
- after treatment, oral consumption and/or topical application of Arnica Montana may help to reduce bruising and swelling.
- Botulinum toxin treatment effects take about 1-2 weeks to fully develop and last approximately 2.5-4 months.
- If 1-2 weeks after treatment you feel that you require a botulinum toxin touch-up, please contact the clinic by emailing [info@656aesthetics.com](mailto:info@656aesthetics.com)
- **If any unusual symptoms develop please contact Rohan on 07783867118 urgently**