



Jen Aesthetics
Medical

Botulinum Toxin (Anti-Wrinkle Treatment)

PATIENT INFORMATION & AFTERCARE

PLEASE READ BEFORE YOUR TREATMENT

This guide explains what to expect, important aftercare and when to seek advice. Please keep it for reference after your appointment.

Safe • Evidence-based • Patient-centred

Thank you for choosing Jen Aesthetics Medical

This information is designed to help you understand your treatment, what you can realistically expect, possible side effects and complications, and how to care for yourself following treatment.

Please read this information carefully and keep it for your reference.

What is botulinum toxin?

Botulinum toxin is a prescription-only medicine that temporarily reduces the activity of specific muscles.

You may hear the treatment referred to as “Botox” or “anti-wrinkle injections”. Botox is one brand of botulinum toxin; there are several botulinum toxin type A products available in the UK.

When injected into carefully selected muscles, botulinum toxin temporarily reduces the nerve signals responsible for muscle contraction. This can soften dynamic lines caused by repeated facial movement, such as frown lines, forehead lines and lines around the eyes.

The aim at Jen Aesthetics Medical is not to completely freeze your face. My approach is to soften unwanted lines while maintaining natural facial movement and expression wherever possible.

What can it be used for?

Depending on your individual anatomy and treatment goals, botulinum toxin may be used to soften:

- Forehead lines
- Frown lines between the eyebrows
- Crow’s feet around the eyes
- Other areas where excessive muscle activity contributes to unwanted lines or facial imbalance

It may also be used in selected circumstances to address certain muscle-related concerns, depending on your individual assessment.

Not every area is suitable for every patient. Your treatment plan will always be based on your facial anatomy, muscle activity, medical history and desired outcome.

Your consultation and treatment

Before treatment, I will assess your face at rest and during movement. I will look at your existing symmetry, muscle strength and facial proportions before deciding where treatment may be appropriate.

Your medical history, expectations, treatment goals and potential risks will be discussed with you before treatment.

Your treatment will be individually planned rather than based on a standard number of injections or a “one size fits all” approach.

The treatment involves a series of small injections using a very fine needle. You may feel a brief pinching or stinging sensation.

Treatment usually takes approximately 15–30 minutes, depending on the areas being treated.

When will I see the result?

Botulinum toxin does not work immediately.

You may begin to notice a gradual reduction in muscle movement over the first few days. The effect continues to develop over approximately 10–14 days.

Botulinum toxin takes approximately 2 weeks to reach its full effect.
For this reason, your result should not be judged before the 2-week point.

How long will it last?

Results commonly last around 3–4 months, although this varies considerably between individuals.

Some patients may experience a shorter or longer duration of effect depending on factors including:

- Muscle strength and activity
- The area treated
- Individual metabolism
- Previous treatment history
- Dose and treatment plan
- Lifestyle and other individual factors

The effect gradually wears off as the nerve-to-muscle connection recovers and the treated muscles regain movement.

Botulinum toxin is therefore a temporary treatment and maintenance treatments may be required if you wish to maintain the effect.

Your result – an important reminder

Every face is different.

Your facial anatomy, muscle strength, skin quality, age, previous treatments, lifestyle and individual response can all influence your result.

Although I will always aim to achieve the best possible outcome based on your individual anatomy and treatment goals, results cannot be guaranteed.

The aim of treatment is to enhance your natural appearance, not to make you look like someone else.
I will always prioritise a natural and balanced result over excessive treatment.

What can I expect immediately afterwards?

Immediately following treatment you may experience:

- Small raised areas at the injection sites
- Mild redness
- Minor swelling
- Pin-prick marks
- Mild tenderness
- Bruising
- A mild headache

These are temporary and should settle naturally.

Bruising can sometimes become more noticeable over the following day or two before gradually fading.

Some patients experience no visible evidence of treatment at all, while others may have more noticeable temporary reactions.

Aftercare

For the first 4 hours

Avoid rubbing, pressing or massaging the treated areas.

Avoid tight hats, headbands or anything that puts significant pressure on the treated areas.

Try to avoid unnecessary touching of the injection sites.

You can continue normal facial expressions.

For the first 24 hours

Avoid strenuous exercise.

Avoid excessive heat, including saunas, steam rooms and very hot baths.

Avoid facial massage or facial treatments unless specifically advised.

Avoid excessive alcohol consumption.

You may cleanse your face gently as normal.

I recommend avoiding make-up for approximately 12 hours where possible following treatment to reduce the risk of irritation or infection at the injection sites.

Possible complications

All medical treatments carry potential risks. Most reactions following botulinum toxin are temporary, but complications can occur.

Common or expected effects

These may include:

- Temporary redness
- Swelling
- Tenderness
- Bruising
- Mild headache
- Temporary discomfort at injection sites

Less common complications

Depending on the area treated, botulinum toxin can occasionally cause unwanted weakness of nearby muscles.

This can result in:

- Eyelid ptosis (drooping eyelid)
- Brow ptosis (drooping eyebrow)
- Brow asymmetry
- Uneven movement
- Asymmetry of facial expression
- Changes to the smile
- Heaviness of the forehead or eyebrows
- Temporary changes to facial movement

These effects are temporary and resolve as the effect of the botulinum toxin wears off.

It is important to understand that even with careful assessment and injection technique, these complications cannot always be completely prevented.

VERY RARE BUT SERIOUS COMPLICATIONS

Very rarely, the effects of botulinum toxin can spread beyond the intended treatment area.

The MHRA has issued updated safety warnings regarding rare cases of iatrogenic botulism following botulinum toxin treatment.

Seek immediate medical attention if, following treatment, you develop symptoms such as:

- Difficulty breathing
- Difficulty swallowing
- Difficulty speaking or slurred speech
- Significant or generalised muscle weakness
- Severe drooping of both eyelids or other symptoms suggesting widespread muscle weakness

These symptoms require urgent medical assessment.

WHEN SHOULD YOU CONTACT YOUR PRACTITIONER?

Please contact Jen Aesthetics Medical if you are concerned about your treatment or develop unexpected symptoms.

However, please remember that botulinum toxin takes approximately 2 weeks to reach its full effect.

If your concern is simply that you feel the treatment has not worked sufficiently, please allow the full 2 weeks before contacting me about the result.

The result cannot be properly judged before this point.

Additional botulinum toxin

Additional botulinum toxin will not be administered before the full 2-week effect has developed.

Adding further product too early can result in over-treatment or unwanted muscle weakness.

At your review, I will assess your facial movement, symmetry and response to treatment before deciding whether any further treatment is clinically appropriate.

A review does not automatically mean that additional treatment will be required.

Sometimes the safest and most appropriate approach is to leave the result as it is, allow further time for the treatment to settle, or allow the effect to wear off naturally.

How to contact me about a concern

For any treatment-related concern, please email:

- jenny.stapleton63@gmail.com

Please do not send treatment concerns via Instagram, Facebook, WhatsApp or other social media platforms, as these are not appropriate channels for clinical communication.

To allow me to assess your concern properly, please include:

- Your full name
- The date of your treatment
- The areas that were treated
- A clear description of your concern
- Clear photographs of the area where appropriate
- Any relevant symptoms
- When the symptoms started

- Whether the symptoms are improving, staying the same or worsening

I will review the information provided and advise you whether you need to attend the clinic for an assessment.

Photographs can be helpful for an initial assessment, but they cannot always replace a face-to-face clinical examination.

WHEN SHOULD YOU CONTACT ME SOONER?

You should not wait until your 2-week review if you develop symptoms that are unexpected, severe or worsening.

Please email me promptly if you experience:

- Significant or worsening swelling
- Severe or increasing pain
- Significant or unexpected facial weakness
- New or significant eyelid or eyebrow drooping
- Significant facial asymmetry
- Visual symptoms

Please provide photographs and details of your symptoms in your email where possible.

If I feel you need to be assessed urgently, I will advise you accordingly.

If you develop symptoms of a medical emergency, such as difficulty breathing, swallowing or speaking, or significant generalised weakness, seek urgent medical attention rather than waiting for a response to your email.

Your 2-week review

Botulinum toxin results continue to develop over the first two weeks.

Your result can only be properly assessed once the full effect of the treatment has developed.

At your review, I will assess:

- Your facial movement
- Symmetry
- Muscle activity
- Response to treatment
- Whether your original treatment goals have been achieved

If any further treatment is considered appropriate, this will be discussed with you.

Please remember that a review is an assessment of your result — it does not automatically mean that additional treatment will be required.

Looking after your skin

Botulinum toxin treats muscle activity; it does not replace good skincare.

For long-term skin health, I recommend:

- Daily broad-spectrum SPF
- Appropriate skincare for your individual skin type
- Avoiding excessive UV exposure
- Maintaining good hydration
- Regular professional skin assessments where appropriate

Your skincare and aesthetic treatment plan can be reviewed together to ensure that treatments complement rather than compete with each other.

A final note from Jen

My approach to aesthetic medicine is based on subtle, considered treatment.

I don't believe that more treatment automatically means a better result.

Your face is unique, and my role is to understand your individual anatomy, listen to what you want to achieve and recommend what I believe is clinically appropriate.

Sometimes that may mean treating. Sometimes it may mean waiting. And sometimes I may recommend a completely different treatment from the one you initially thought you needed.

My priority will always be your safety, your wellbeing and achieving a result that looks like you — just refreshed.

If you have a treatment-related concern, please use the email address above so that I can review your concern appropriately and advise you.

JEN AESTHETICS MEDICAL

Newtownards

Medical Aesthetics | Skin Health | Natural-Looking Results