

Following your **Bocouture treatment**, it is important to adhere to the aftercare advice provided to ensure optimal results and minimise any potential complications. Please review the aftercare recommendations below:

- **Avoid Touching Treated Area:** For at least 4 hours post-treatment, you should avoid touching the treated area. This is to prevent unintentional spreading of the product to nearby muscles which could lead to unwanted effects.
- **No Heat Exposure:** Exposing the treated area to heat can potentially cause the Bocouture to spread to unintended areas. Therefore, it's recommended to avoid activities that produce heat, such as saunas, hot tubs, and intense workouts for at least 24 hours after the treatment.
- **Avoid Alcohol:** Alcohol can increase the blood flow and potentially cause the Bocouture to spread, reducing its effectiveness. It's advised to abstain from alcohol for at least 24 hours post-treatment.
- **Stay Upright:** For 4 hours following your treatment, try to stay in an upright position. This will prevent the Bocouture from moving into unintended areas.
- **No Pressure:** For at least 24 hours after treatment, avoid laying on or applying pressure to the treated area. This can help prevent unwanted spreading of the product.
- **Avoid Makeup:** Makeup can potentially cause an infection or irritate the treated area. For this reason, it's suggested to avoid applying makeup to the treated area for at least 4 hours post-treatment.
- **Facial Expressions:** Performing facial exercises in the treated area for 1 hour after treatment (frowning, raising your eyebrows, smiling) can help the product to work into your muscles.
- **No Facials or Massages:** Avoid facials, facial massages or any other treatments that put pressure on your face for at least two weeks after your Bocouture treatment.
- **Report Side Effects:** While side effects are rare, they can happen. If you experience any unusual side effects such as difficulty swallowing, speaking or breathing, rash, or any other issues, contact your healthcare professional immediately.

It is essential that you have read all of the information available. Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided.

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.