



44 London Road, Guildford, Surrey, GU1 2AF
Tel: 01483 440 563 Email: gdplondonroad@gmail.com
Gdpguildford.co.uk

Anti-Wrinkle - Botox Post-Operative Instructions

Avoid Touching or Rubbing: *Do not touch or rub the treated area for at least 24 hours after the injection. This helps prevent the spread of the Botox and minimizes the risk of infection.*

Stay Upright: *Stay in an upright position for at least four hours after the procedure. Avoid lying down or bending over during this time to prevent the Botox from spreading to unintended areas.*

Avoid Strenuous Exercise: *Refrain from strenuous physical activities, such as heavy lifting and vigorous exercise, for at least 24 hours post-injection. This helps prevent the Botox from migrating to other muscle groups.*

Avoid Alcohol and Blood Thinners: *Stay away from alcohol and blood-thinning medications for at least 24 hours after the procedure. These substances can increase the risk of bruising at the injection site.*

Avoid Heat and Sun Exposure: *Avoid exposure to direct sunlight, hot tubs, saunas, and extreme heat for the first 24-48 hours post-injection. Heat can increase blood flow to the treated area and potentially spread the Botox.*

No Facials or Massages: *Avoid facials, facial massages, or any facial treatments for at least two weeks after the injection. These activities can disturb the Botox's placement.*

Use Arnica: *Consider using Arnica gel or cream on the treated area to reduce bruising and swelling.*

Stay Hydrated: *Drink plenty of water to help your body process the Botox effectively.*

Patience is Key: *Botox results typically take several days to become noticeable and can continue to improve for up to two weeks. Be patient and wait for the full effect to kick in.*

Follow Up: *Attend any scheduled follow-up appointments with your healthcare provider to assess the results and discuss any concerns.*

Report Adverse Effects: *If you experience severe or unexpected side effects, such as difficulty breathing, muscle weakness, or unusual swelling, contact your healthcare provider immediately.*