

Botox

Post treatment instructions

Please do:

- Exercise your treated muscles as this may contribute to a more timely result e.g. practice frowning, raising your eyebrows or squinting.
- Take Panadol or similar medication if you experience a mild transient headache post treatment.
- Be assured that any tiny bumps or marks will go away within a few hours after the treatment. Minor bruising, should it occur, may last up to one week and can easily be covered with make-up.
- Attend your two week follow-up session which is essential to assess treatment effectiveness and any need for augmentation.

Please do not:

- Take aspirin as this thins the blood and could cause bruising
- Have a facial, rub or massage the treated areas for 24 hours after your treatment.
- Lie down, do strenuous exercise, use a sauna, hot tub or tanning booth for 4 hours after the treatment. These activities may raise blood pressure and thus increase the risk of bruising.

Your next treatment

At your two week follow-up session, we will suggest that you rebook in 3-4 months time to improve dynamic line severity. If the treatment area is left untreated for 6 months or longer, any accumulative improvement is likely to start to diminish.