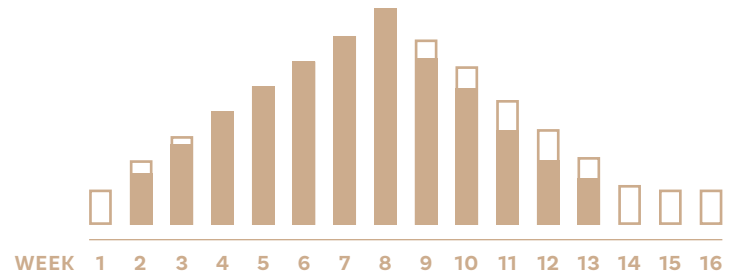


# BOTULINUM TOXIN

## aftercare

- / Anti-wrinkle injections usually take up to 2 weeks to take full effect –please do not be concerned if you do not achieve your desired results, you will have a 2 week review to ensure you have received the correct dose.
- / It is advised to keep your head upright for 4 hours after treatment.
- / Facial treatments should be avoided for 24 hours.
- / Small bruises and swelling may develop –this is normal and will subside in a few days.
- / It is important to stay hydrated after botulinum toxin injections to avoid common side effects such as headaches and migraines.
- / Paracetamol is considered safe to take after treatment.
- / Avoid alcohol and blood thinning medications such as ibuprofen or aspirin as these may exacerbate bruising.
- / Please avoid strenuous exercise for 24 hours after treatment.
- / Please avoid sunbeds/saunas for 12 hours.
- / Avoid applying pressure on the treated areas to avoid migration of the toxin.
- / The longevity of botox lasts anywhere from 2-6 months, the average result lasts 3-4 months. You can expect the results of your first treatment to wear off faster.
- / Recommended treatments are scheduled at about 12-16 weeks.

□ NATURAL MUSCLE ACTIVITY  
■ DECREASED MUSCLE ACTIVITY AS TOXIN KICKS IN



### WHAT CAUSES BOTOX TO WEAR OFF?

- / Your metabolism
- / The size and depth of your wrinkles
- / Your physical activity level
- / The area being treated
- / How often you have botox treatments
- / Other potential factors include illness or stress

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