



Botox Aftercare

Following Treatment with Botox, it will usually take 3 to 5 days to begin working with the full effects seen by approximately 2 weeks following treatment.

Injections can cause small amounts of swelling, a temporary bump, redness, bruising, a mild to moderate headache and sometimes a tingling sensation or mild itchiness. These effects are very common and settle down very quickly, usually within minutes but could be up to 24 hours.

Do not massage or rub the treated area for at least 48 hours after treatment. After washing, pat dry gently with a soft towel.

Try not to touch the affected area for 6 hours and wash your hands after your treatment.

Do not lie down, excessively bend or exercise for 2 hours following treatment.

Avoid wearing makeup for 12 hours and do not have any beauty treatments to your face for 2 weeks (massages, facials etc.)

Avoid exposure to strong sunlight and avoid extreme temperatures (cold or hot) for 2 weeks. This includes sunbeds, saunas, etc.

You may experience a mild headache after treatment; this is normal.

Please take regular pain killers as needed. However, avoid aspirin, ibuprofen, Nurofen and other NSAID's as these can increase bruising.

If you have any complications such as a droopy eye, eyebrow or dry eye please get in touch and let us know. Please be sensible and if you are unsure of anything following treatment or are not sure if you are able to carry out a certain activity **CONTACT US** straightaway. We are available 24/7.

Review appointments can include touch ups / adjustments and must be carried out between 2-4 weeks, please ensure you book and attend this appointment if you are unsure.

In case of queries or for urgent advice please call us on:

01843 639861 or 07468 526494

