

BOTOX AFTERCARE INFORMATION

The effects of your treatment will not be evident for a few days usually, and will usually be gradual at first. The full effects of treatment should be noted by 2-3 weeks, where upon a follow-up consultation can be arranged.

To gain the best possible results from you treatment, it is advisable to follow the guidelines below:

For the first 4 hours after your injection you should:

- Keep you head upright
- Avoid massage or manipulation of the affected area
- Avoid excessive facial exercises
- Avoid lifting, bending or straining
- The use of make-up need not be avoided if applied lightly
- Avoid alcohol
- Avoid exercise

After 4 hours you can:

- Bath and shower as normal

The following day:

- Resume normal activities

Side-effects are usually minor and temporary. These might include persistent discomfort at the injection sites, redness, swelling or bruising. Headaches can occur and you may take paracetamol for this. Other side effects can include facial muscle weakness, drooping of the eyelid, rashes and allergic reactions.

Be aware that Botox® treatment will not remove deep furrows or static lines of the face, but provides a mechanism of softening dynamic lines/wrinkles. Following treatment, the effects on lines/wrinkles may not always be uniform, and hence, symmetry of action cannot always be assured. Indeed, recruitment of other muscles can take place to create further dynamic lines in adjacent areas.

Occasionally, a dermal filler may be required to achieve the maximum aesthetic results in combination with Botox to soften static lines or wrinkles.

Sometimes a medium depth (TCA) or deeper (Croton Oil) chemical peel can also be used effectively against static lines or wrinkles to tighten the skin and smooth out lines of this sort. Please see examples under the chemical peel section.