

# Your Pre & Post Care Instructions Botox

It is critical that you follow all aftercare instructions below in addition to any advice given by your practitioner to prevent any complications and achieve the best results from your treatment. If the advice given by your practitioner differs from the below, please follow the advice of your practitioner. If you have any concerns or questions please call us on 0333 242 8528.

PLEASE NOTE: The below are common side effects associated with Botox treatments. If you experience any of the below please do not worry. If side effects continue beyond 48 - 72 hours or you have any concerns or questions please call us on 0333 242 8528.

- Itching at the injection site
- Pain at the injection site

Please also note that Botox takes 14 days to work completely and can look uneven while it settles, any adjustments will be made at your 14-day review. Please avoid any other treatments on your face during this 14 day period.

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2 days before and a week after your Botox treatment, please avoid:

- Caci / micro-current beauty treatments
- Micro-dermabrasion
- Electrolysis
- Laser
- Any ablative treatments

After your Botox treatment, please adhere to the following for a minimum of 3 - 4 hours:

- Do not shampoo the hair or have a scalp massage
- Do not wear anything tight on the head. e.g. caps, hairbands, etc.
- Do not lie on the treated area or lie flat
- When cleansing the skin, do not apply pressure - use only gentle strokes
- Do not remove eye make-up
- Do not have any facial massage or treatment of any kind
- Do not take any form of exercise or yoga
- Do not take any medications that thin the blood e.g. Ibuprofen, Aspirin
- Do not take any Vitamin E tablets
- Do not consume excess alcohol

Please avoid flying for 48 hours after Botox.

If you experience severe pain or any skin colour changes, such as an area of skin becoming purple or red, or bruising appears abnormal, please contact the clinic immediately.

It's important to have your follow up treatments and to continue with your treatment plan to achieve the best results. Please call us on 0333 242 8528 to book your next treatment.