



AFTERCARE INSTRUCTIONS

Appointment date:

Clinician:

Personal Detail

Name:

Address:

Phone:

E-mail:

AFTERCARE INSTRUCTIONS FOLLOWING BOTULINUM TOXIN TREATMENTS

The following aftercare advice is essential to help reduce the risk of treatment complications, to improve your comfort/healing and to help achieve the best possible results from treatment. It is essential that you have read all of the information available.

After botulinum toxin injections, the skin may be red, swollen and sometimes bruised at the injection sites. These after-effects will resolve naturally, usually within a few days however it may take up to 2 weeks for more extensive bruising to resolve. Occasionally you may experience a headache after treatment which may last 1-2 days. Usually this is controlled by taking simple over the counter pain killers such as paracetamol.

You are encouraged to exercise the injected muscles periodically for 4 hours after the treatment to increase the uptake of the botulinum toxin.

Please follow the following aftercare advice for Botulinum Toxin injections:

- Avoid applying makeup to the treated area for 24 hours, this can help reduce the risk of infection.
- Avoid any extremes of temperature for the next 24 hours, for example have a tepid shower or bath rather than hot.
- Avoid exercising or strenuous activity for the first 24 hours post-treatment.
- Do not go swimming or use saunas or steam rooms for at least 24 hours post-treatment.
- No alcohol drinking for the first 24 hours after treatment.
- Do not lie flat or face down for at least 4 hours after treatment.
- Remain upright for 4 hours after treatment, this can help to reduce product migration.
- Avoid touching or rubbing the treated after for at least 24 hours after treatment, doing so may affect treatment results.
- Avoid any further cosmetic procedures to the treated area for 2 weeks following treatment, including permanent makeup and skin treatments.



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- You must seek medical attention and contact us if you experience any signs or symptoms of infection after treatment. Infection can present as hot, red shiny skin, there may be pus formation and you may have a fever or feel generally unwell.
 - You must seek emergency medical attention if you experience any severe allergy symptoms after treatment. Symptoms may include rash, facial swelling and breathing difficulties.
 - Contact us as soon as possible if you notice any other unwanted side effects.
 - Allow 2 weeks before assessing results of treatment. If you have any concerns after this time, please contact us.
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- For **excessive sweating treatment**, keep the under-arm area clean, avoid anti-perspirants/ deodorants as either roll on or aerosol for 24 hours following treatment and do not shave the under-arm area for 24 hours post-treatment. Avoid any under arm hair removal procedures such as laser or electrolysis for at least 2 weeks post treatment.
 - For **jawline slimming** and non-surgical neck lift, allow 4 weeks before assessing results of treatment.

Once you have read and understood all of the above, please sign the declaration at the bottom of this form. Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided above. I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.

Client's Signature:

Clinician's Signature:

Date:

Date: