

Thank you for choosing **Botulinum Toxin (anti-wrinkle injections)**. This treatment relaxes targeted muscles to soften lines and wrinkles, giving a refreshed and natural appearance. To ensure the best results and reduce the risk of complications, please follow the aftercare advice carefully.

Immediately After Treatment

- You may notice **slight redness, swelling, or small bumps** at the injection sites. These are normal and usually disappear within a few hours.
 - Mild tenderness, bruising, or a slight headache can also occur.
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For the First 4–6 Hours

- Keep upright—do not lie down or bend excessively.
 - Avoid touching, rubbing, or massaging the treated area.
 - Refrain from applying makeup to the injection sites.
 - Avoid wearing tight hats or headbands that may press on the treated areas.
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For the First 24 Hours

- Avoid strenuous exercise, heavy lifting, or activities that increase blood flow to the face.
- Do not consume alcohol.
- Avoid heat exposure such as saunas, steam rooms, sunbeds, or hot showers.
- Do not have any facials, chemical peels, or skin treatments.

For the First Week

- Avoid other cosmetic treatments in the same area (e.g., microdermabrasion, fillers, or laser treatments).
- Be gentle when cleansing the face—avoid harsh rubbing.

Ongoing Care & Results

- Botulinum Toxin takes **3–14 days** to reach full effect.
- Results typically last **3–4 months**, depending on the individual.
- Regular treatments can help maintain long-term results.

Common Side Effects

- Temporary redness, swelling, or bruising.
- Mild headache or tenderness in the treated area.
- Slight unevenness in effect during the first 2 weeks (this will settle as the product takes full effect).

When to Contact Us

Please contact your practitioner immediately if you experience:

- Severe pain, swelling, or redness that worsens.
- Difficulty breathing, swallowing, or speaking.
- Drooping eyelids or other unexpected changes.
- Any symptoms that seem unusual or concerning.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

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.