




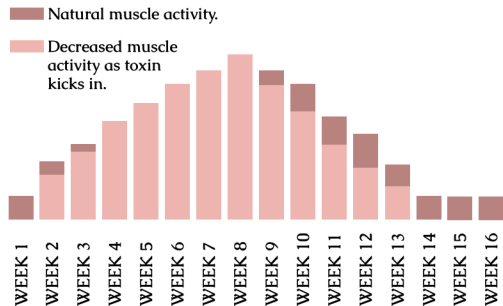








AFTERCARE FOR BOTOX

-  Do not exercise or do any strenuous activities for 4-5 hours after treatment to avoid any migration of the toxin.
-  Keep your head upright as much as possible for 4-5 hours.
-  No sunbeds/saunas for 4-5 hours
-  Don't touch or massage the area for 4-5 hours after to avoid migration of the toxin.
-  Avoid touching the area/applying makeup immediately after.



-  Your botox can take up to 2 weeks to take full effect. This is how long it takes for the toxin to block the signal from the nerves to the muscles so that they cannot contract/move; which stops wrinkles forming. Please be patient for this to take effect.
-  Each injection point and muscle on the face can take different amounts of time to take effect. This can leave some areas of the face with more or less movement than others. This is perfectly normal and will balance itself out in the 2 weeks. Please be patient.
-  You may have some small bruises at the injection sites. This is normal and they will subside in a few days.
-  If you are new to botox injections, you may feel a little 'heavy' in your forehead or have headaches. This is normal and will eventually subside as you get used to the toxin.
-  The longevity of botox can and does vary from person to person. On average, you will have good results up until the 8-10 week mark where you will start to see some minor movement returning. If movement does start to return sooner, this can be perfectly normal and is usually down to metabolism, exercise or stress for example.
-  It is advised you do not rebook your next appointment any sooner than 10 weeks from the initial appointment. This is to avoid over dosing the muscles and to keep the integrity of the skin intact. An optimum time to book to keep on top of the toxin and wrinkles, is every 10-12 weeks; depending on the amount of movement returning.