



Anti-Wrinkle Injections Aftercare

- Try to exercise your treated muscles for the first hour after treatment (e.g. practice frowning, raising your eyebrows or squinting). Although this may help your procedure outcome, it will NOT impact your treatment negatively if you forget to do this.
- Do NOT have a facial, nor rub or massage the treated area for 24 hours after your treatment
- Keep head upright for 4 hours post treatment.
- No exercising for 48 hours post treatment. Also, avoid any exposure to a sauna, hot tub or tanning.
- Please be aware that some, though very few patients, experience a mild headache, take paracetamol if necessary and stay hydrated.
- Be assured that tiny bumps or marks will go away within a few hours after your treatment. There is a small risk of bruising. If this occurs, do not worry since it will only be temporary and can easily be covered up with makeup. Any little bit of bruising may last up to one week.
- After Botox is placed into the targeted muscles, the weakening effect gradually begins anywhere from 3-14 days and is not complete for two weeks. Therefore, optimal results are not seen for at least two weeks.
- After the two-week period is over please contact us if you would like us to check the results and top up' if necessary. *Please note this needs to be done within 2-3 weeks after your initial appointment and 'top-ups' will not make Botox last longer and are for correction purposes only
- Botox will last approximately 2-3 months at first. However, if you maintain your treatment appointments with the frequency recommended, the duration of each treatment result may last longer than four months.

Please let me know if you have any other questions, keep us updated and give us your feedback too.

Many Thanks,
My Pure Aesthetics