



# COSMETIC FACIAL CLINIC

## POST TREATMENT ADVICE FOLLOWING BOTOX

After your treatment:

- Avoid bending down and lying flat for four hours.
- Avoid alcohol for 24 hours.
- Avoid strenuous exercise for 24 hours.
- Do not massage treated area and avoid facials for the first 2 weeks.  
When washing the area, pat dry very gently with a towel. Do not rub for 48 hours.
- Exercise the treated facial muscles treated for 4 hours after the procedure by smiling and frowning etc.
- Treat any redness, swelling or bruising with ice and/or arnica cream.
- If you experience a headache or discomfort after treatment we would recommend that you take paracetamol (but avoid aspirin and anti-inflammatory drugs eg. ibuprofen).
- Botox takes between 2-14 days to take effect. This is dependent on the strength of the muscles injected and the individual response to the toxin.
- Treatment with Botox is temporary and to maintain the effects, treatment is recommended every 3 months.
- If you have any concerns or questions please call the Cosmetic Facial Clinic on 0870 143 6743