



AFTERCARE INSTRUCTIONS

ANTI-WRINKLE INJECTIONS

Post-care instructions

- Do not lie down flat for 4 hours
- Avoid the sun on the day of injections
- No exercise the day of treatment and the day after (includes yoga and pilates)
- Avoid sauna/steam rooms for 72 hours
- Do not massage in the injected area for 14 days after injections eg. Eyebrow waxing/threading, massages
- Do not have IPL, laser, microdermabrasion or chemical peels for 14 days after injections.
- Use a sunscreen minimum SPF 30 always

Possible side effects after anti-wrinkle injections

- Headache
 - Take analgesia as required
 - Should subside within a few days
- Swelling in the injected area
 - Use icepack and keep your head elevated
 - Swelling will go down after 2-3 days
- Bruising in the injected area

To heal the bruising faster

- Use icepack
- LED light
- Can use Arnica (topical or tablet form)
- Can use Bromelian (tablet form)

Bruising can happen even when we are incredibly gentle and thorough! It is unfortunate but some bruises can hang around for a few weeks even though its RARE

Rare side effects after anti-wrinkle injections

- Ptosis ('droopy eyelid or eyebrow')

Ptosis can occur if the product migrates into the wrong muscles. Please be aware this a very rare side effect and this is why we suggest appropriate aftercare to ensure the risk is minimised. Sometimes treating the forehead can be 'tricky' because you want to get rid of the lines ...but you actually rely on your forehead to lift up your naturally heavy eyelids. It may take 1-2 treatments to get dosing absolutely right for you. I am more on the conservative side so we can add...we can't take away! Please be patient, so we can work together to get you the absolute best treatment in time!

REPEAT TREATMENT AND MAINTENANCE

- Repeat treatment will in some cases be necessary
- We guarantee botox will work in the injected areas. If you do not see a result in 14 days please return for a free touch-up (only valid for 3 weeks post initial treatment date)
- To maintain the effect of the anti-wrinkle injections it is recommended to maintain every 3-4 months. Remember - it is normal to get some movement return, everyone is different so let's assess on our next appointment