

# BOTULINUM TOXIN (BOTOX) AFTERCARE ADVICE

Please follow these aftercare instructions carefully to ensure the best results and minimise the risk of side effects.

## What to expect:

- You may see some redness, swelling, or small bumps at the injection sites. These usually go away within a few hours.
- Mild bruising can occur and may take a few days to settle.
- Initial treatment effects are visible in 3-5 days, the full effect of your treatment will take up to 14 days.

## What you should do:

- Stay upright for at least 4 hours after treatment to prevent the Botox from migrating to unintended areas. Avoid bending, lifting or laying down.
- Gently exercise the treated muscles (e.g. frown and raise your eyebrows) for the first few hours if advised. This will help the product to absorb and disperse faster.
- Use a cool pack on the area if there is swelling or discomfort.
- Take paracetamol if needed for any mild pain or headache (avoid ibuprofen or aspirin in the first 24 hours).

## What to avoid:

- Do not rub, massage, or apply pressure to the treated area for at least 24 hours.
- Avoid makeup on the treated area for 24 hours to prevent infection.
- Avoid strenuous exercise, hot showers, saunas, sunbeds and UV exposure for 48 hours.
- Avoid retinoids and similar products for 24-48 hours.
- Continue to avoid supplements and medications known to increase bruising for 48-72 hours after treatment if safe to do so e.g. blood-thinning medications, cod liver oil, vitamin E.
- Avoid direct pressure to the treated area for 1 week (e.g. wearing hats, laying face down etc.)
- Wait at least 2 weeks before getting any additional cosmetic treatments, such as: facials, chemical peels, laser treatments, microneedling, microblading.

## Follow-up:

- We will schedule a review in 2-3 weeks.
- Some people may benefit from a small top-up at this appointment, if clinically appropriate.
- If needed, the cost of the top-up is included as part of your initial visit fee.

## When to contact us:

- Difficulty breathing, swallowing or speaking.
- A rash, swelling of the face or lips, or signs of a severe allergic reaction.
- Unexpected or concerning symptoms (severe muscle weakness, vision problems or persistent drooping).

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