

Important Information following Botulinum Toxin (BT) treatment

- ❖ Any bumps or marks caused by the injections should disappear within a few hours.
- ❖ Exercise your treated muscles a little for the first few hours. This will work the BT into the muscle but avoid extreme facial expressions.
- ❖ Keep upright and avoid bending excessively.
- ❖ Avoid over-exerting yourself or exercising for the rest of the day.
- ❖ Avoid excessive alcohol consumption and wearing make-up for 12 hours after treatment.
- ❖ Avoid touching, rubbing or massaging treated areas for 48 hours following treatment. After washing, pat dry the skin very gently with a soft towel.
- ❖ Avoid exposure to strong sunlight (and sunbeds), very cold temperatures and saunas for two weeks after treatment.
- ❖ Avoid beauty treatment on your face for two weeks.
- ❖ Ideally, do not wear a crash helmet on the day of treatment.

The BT treatment normally takes 2-3 days to start working and the full effects take a little longer.

To maintain the effects the BT treatment should be repeated 2-3 times a year.

We hope that you are pleased with the effects of your BT treatment however, if you are not happy, please contact us for advice or any questions on 01782 626414.

Your review is scheduled for.....