



AESTHETICS  
BY  
SALLY

## **Aftercare Advice Botulinum Toxin**

### **Following Treatment:**

- Do not bend excessively or lie down for 4 hours.
- Avoid alcohol and caffeine for the next few hours.
- Do not wear makeup until the following day.
- Avoid strenuous exercise for 48 hours.
- Do not wear a hat for 48 hours.
- Continue with your normal skincare routine, but please be more gentle for the next few days; no vigorous rubbing.
- Do not have any facial treatments, such as microblading, threading, eye brow waxing or massages to the treated area for 2 weeks.
- Avoid excessive heat, such as saunas and steam rooms for 2 weeks.

### **Review Appointments:**

- Full results take 14 days, therefore top ups will not be carried out before day 14. The review appointment needs to be within a strict timeframe of 2-3 weeks post treatment. Top ups will not be possible after 3 weeks.
- All new patients will be booked in for a review appointment between 2-3 weeks. If any additional botulinum toxin is used it must be in this appointment and at no later than 3 weeks following initial treatment.
- If you wish to cancel or reschedule your review appointment, Sally may not be able to review you in clinic within the necessary time frame and in which case top ups will not be possible.

If you have any concerns please contact Sally via email:

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