

BOTOX AFTERCARE

PRE TREATMENT

- Take arnica tablets 5 days before treatment to reduce bruising.
- Stop any blood thinners (e.g. aspirin, ibuprofen, vitamin E) for 7 days prior to treatment. Consult your doctor before stopping any prescribed medication.
- Stop any herbal supplements (such as garlic, vitamin E, ginkgo biloba, St. John's wart and omega 3) for 7 days before treatment.
- Avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid ect. For 3 days prior to treatment.
- Avoid facial laser and Derma pen treatments for 2 weeks before and after treatment.
- Do not drink alcohol 24 hours before (and after) the procedure.
- Please attend your appointment without makeup on the area that will be treated.

[@kb.aesthetics.london](https://www.instagram.com/kbaestheticslondon)

info@kbaestheticslondon.com

POST TREATMENT

- Remain upright for 4 hours post treatment. When cleaning your face, avoid pressure and use gentle strokes away from your eyes.
- Avoid facial massages, microdermabrasion, laser, intense pulsed light or electrical stimulation of the face for the next 14 days.
- Avoid wearing tight hats/ caps in the area that has been injected.
- Avoid alcohol and exposure to UV and extreme heat i.e. Saunas, sun beds, very hot showers, strenuous exercise for at least 48 hours.
- Injections can cause small amounts of swelling, a temporary bump, redness, bruising, a mild to moderate headache and sensations such as tingling or mild itching after the treatments. These effects are completely normal
- The initial effects will show in the first 2 - 5 days. Peak effect on the muscles is at 14 days, but the effect may continue to improve up to 4 weeks after. The effects start to wear off after 3 - 4 months. At this time it is recommended that you repeat treatment to maintain the effect and reduce further deepening of lines.
- To help with bruising and swelling – Arnica cream and tablets – Cold compress – Benadryl Allergy Relief – all can be helpful.