



CLERMONT HEALTH AESTHETICS

ANTI-WRINKLE INJECTIONS (Botulinum Toxins)

Aftercare Advice



Thank you for choosing Clermont Health for your chemical peel treatment!

After a Botulinum toxin treatment you may have some swelling, redness and bruising which will subside within the next few hours. Bruising may take a few days, especially if extensive. Arnica tablets/gel or vitamin k oxide cream can be used. A headache may occur after treatment and treated normally. Results emerge gradually during 3-14 days.

Dos & Don'ts



Do not apply make up for approx. 6 hours unless it is mineral based



Remain upright for 2 hours



When cleansing, avoid pressure and gentle strokes away from eyes



Use the mustles that have been treated more often for the first hour



Avoid facial massages or electrical stimulation of the face for 2 weeks



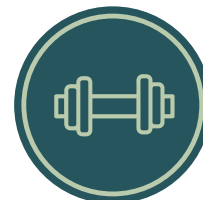
Avoid wearing tight caps or garments in the area that has been injected



Avoid exposure to UV and extreme heat, sauna, steam, sun beds, very hot showers for 48 hours



Avoid alcohol for 48 hours as this may increase discomfort and swelling



Avoid strenuous exercise for 48 hours as this may increase discomfort

How soon will I see the results and how long will it last?

The initial effects will show in the first 2-5 days and continue to improve for 2 weeks. If this is your first treatment we will call you about a week later to book a follow up appointment with your Clinician after approximately 14 days.

Botulinum toxin usually lasts 3-4 months on average. Fine lines that do not disappear in the first 2 weeks will often continue to soften over the coming months. Those that don't can often improved with dermal filler. Botulinum toxin also helps prevent the development of new lines. Most people need a treatment every 4 months or so to get the best long term results.



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When to seek urgent review:

Allergy or infection is the only possible side effects that would benefit from an urgent review by your clinician. Thankfully they are extremely uncommon. If you get a painful or itchy bump or swelling near an injection site please contact the office immediately for a review.

Eye Symptoms though extremely rare, any side effects affecting the appearance or function of your eyes especiall very dry eyes could benefit from treatment, please inform us at the earliest opportunity.

When immediate help could be required:

Anaphylaxis: Though rare in the extreme, immediately after your treatment, if you were to start to feel generally unwell and develop swelling and redness around your face your clinician is trained to recognise and deal with anaphylaxis. If you are no longer in the clinic 112 or 999 should be called for an urgent ambulance explaining your concern is anaphylaxis.