



SELECT AESTHETICS

MEDICAL AESTHETICS CLINIC

# Anti-Wrinkle Injection

## Post Procedure Guidance

- Avoid exercise for 24 – 48 hours
- Avoid alcohol for 24 – 48 hours
- Avoid spas, saunas and very hot showers for 24 hours
- Remain upright for 4 hours after injection (you may lie in a reclined position, just do not lay flat)
- Exaggerate facial expressions in injected areas for 1 hour after injection.
- Do not wear a headband or hat where the band goes across your forehead if you have had injections between the brows or in the forehead.
- Do not massage or manipulate injected areas for 24 hours after injections. Washing your face and applying make-up is fine.
- Refrain from using ibuprofen, aspirin, fish oil supplements, or vitamin E for 24 hours following injection as these can increase the risk of bruising
- Paracetamol can be used for pain relief. The most common side effect is headache with Botox injections. If you are a chronic headache sufferer and have prescription headache medication, you may take it as prescribed by your doctor.
- If bruising appears, apply ice to area for 15 minutes every hour to decrease bruising. Ensure that you wrap the ice in a damp towel. Do not apply ice directly to the skin.
- Botox will gradually take effect over 7–10 days with optimum result at 2 weeks. If this is your first Botox injection, we recommend scheduling a follow up appointment 2 weeks after your injection.

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