



W O L D S D E N T A L S T U D I O

M A R K E T R A S E N

Patient Aftercare Instructions Following Botox or Botulinum Toxin Type-A Treatment

1. Refrain from touching the treated area for 3-4 hours. After this time, when you wash the area, do so gently and pat it dry very softly with a soft towel. Do not rub the treated area for 48 hours.
2. Remain upright for 4 hours and avoid excessive bending during this time.
3. Avoid sleeping on your face for the first night.
4. Do exercise the treated muscles by tensing them and relaxing them for the first hour after treatment as this helps the Botulinum Toxin get absorbed quicker into the muscles.
5. When applying make-up or moisturiser, use dabbing motions instead of rubbing or spreading for the first day.
6. Botulinum Toxin takes from 2 to 14 days to become effective. This is dependant on the strength of the muscles injected and the individual response.
7. Do not have any facial treatments that may promote 'tracking' of the treatment to neighbouring areas, for 7 days.
8. Do not fly within the first 24 hours.
9. Please return in 2-3 weeks for the follow up appointment.

10. If the degree of muscle relaxation is not as you would wish, please contact your practitioner.

11. Finally, treatment with Botulinum Toxin is temporary and to maintain the effects, treatment is recommended every 3-4 months.

If you have any questions after your treatment

we can be contacted on (01673) 842-276