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Aftercare Instructions and Q&A – Botulinum Toxin Type A

- I. Avoid applying makeup over the injection sites for 12 hours. This is to reduce the already small risk of skin infection.
- II. You will likely have small bumps underneath the skin at the sites of injection. These should be gone within one hour. This is just the Botox beneath the skin. This technique allows it to soak down into the muscle rather than being injected directly into the muscle and increasing the risk of bruising.
- III. Remember the 3Ss of premature skin ageing and try to limit these: Sun, Smoking and Stress.
- IV. Results of your treatment may take up to 14 days to take full effect. If you feel after this time that you have seen no effect, only a small effect or have any other queries please speak to the salon manager- they will contact your Botox practitioner on your behalf if they cannot answer your query themselves.
- V. You will be offered a top-up/follow up appointment to ensure your happiness with the results. Further Botox applied to the areas treated is complimentary at the next clinic date- i.e. included in your initial payment.
- VI. If your eyebrows arch more than you would like this can usually be treated easily at the follow up appointment.
- VII. If your eyebrow or eyelid droops following treatment, please attend for your follow-up appointment as there are several steps that can be taken to correct this rare complication.
- VIII. £30 deposit is required to book an appointment slot. This will be deducted from the cost of your treatment should you choose to proceed, otherwise it is kept as a consultation fee. This does not apply to follow-up appointments (see V)
- IX. Bruising is the most common complication of treatment- although still relatively rare. You can reduce bruising by applying ice; it is ok to cover up bruising with concealer/ makeup the next day (see I)
- X. Headaches occasionally occur following Botox treatment. This is normally only on the night you receive treatment. In this case take painkillers as you would with any other headache.



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Aftercare Instructions and Q&A– Restylane (dermal filler)

- I. It is normal for the skin to be red around the area of injection but also white around the area where the anaesthetic cream/ injection was applied. This should only last a few hours.
- II. Lumps can occasionally occur when the dermal filler absorbs water from the body and swells. For the first 24 hours after treatment these lumps can easily be massaged away (between finger and thumb). Don't massage lumps that you cannot see as this will only displace your filler.
- III. Rarely numbness and/or tingling over the site of injection may occur for a few days.
- IV. Bruising is the most common complication of treatment. You can reduce bruising by applying ice; it is ok to cover up bruising with concealer/ makeup the next day (see IV)
- V. Avoid applying makeup over the injection sites for 12 hours. This is to reduce the already small risk of skin infection.
- VI. Often superficial lines in the face are 'highlighted' in pink or red following treatment. This effect will settle within a few days (see V regarding makeup)
- VII. Dermal filler applied to the lips often causes swelling. The amount of swelling is not proportional to the amount of filler inserted. Your lips will settle within a few days to how they should look for the remainder of your treatment cycle. Sometimes it may look as if more dermal filler has been placed into one side or the other; this is due to swelling. In a few days this should even out. However if an individual small lump can be seen, this should be massaged firmly in the first 24hrs following treatment (see II)
- VIII. Until the initial swelling and redness have resolved, do not expose the treated area to intense heat (i.e. solarium, sauna or sunbathing).
- IX. If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another eruption of cold sores. This question is on the consent form.
- X. If you are using aspirin, clopidogrel, warfarin or similar medication, be aware that these may increase the bruising or bleeding at the injection site.
- XI. Finally, since dermal fillers dissolve over time, the correction does not last forever. Many people choose to have regular repeat treatments.