

# Botulinum Toxin (Type A) Treatment Aftercare Advice

It is important that you read these post-treatment instructions

## AFTER your treatment....

Your treatment will last about 3 months. Following your treatment, it's important that you follow a set of medical aftercare instructions to minimise the risk of unwanted side-effects and help ensure you achieve the treatment outcome you desire.

### 10 instructions that you must follow..

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.
2. **Do not rub** the treated area for **48 hours**.
3. **Remain upright** for 4 hours and avoid excessive bending during this time. If you have to bend down to pick something up, bend with your knees and keep you face upright.
4. **Avoid** sleeping on your face for the **first night**.
5. **Do** exercise the treated muscles by tensing them and relaxing them for the **first hour** after treatment as this helps the Botulinum Toxin to absorb more quickly into active muscles.
6. When applying your make-up or moisturiser use dabbing motions instead of rubbing or spreading for the **48 hours**.
7. Botulinum toxin takes **from 2 to 14 days** to become effective. This is dependent on the strength of the muscles injected and the individual response.
8. Do not have any facial treatments that may promote 'tracking' of the Botulinum toxin to neighbouring areas, for **7 days**.
9. Do not fly within the first **24 hours**.
10. Please make an appointment to return in **2-3 weeks** for a follow-up review. If the degree of muscle relaxation is not as you would wish, we will be able to adjust it for you as a complimentary adjustment.

**IMPORTANT:** Review appointments for botulinum toxin adjustments cannot be made later than 3 weeks following treatment because of the risk of anti-body formation which can result in individuals building up a resistance to the treatment to a point where it can stop working.

To maintain the benefits of the treatment, repeat treatments are recommended every 3 to 4 months. Treatment cannot be sooner than 3 months due to the above anti-body formation risk.

## POTENTIAL side-effects

Some side-effects are more common and injection related such as bruising, redness, swelling and localised pain at the injection site. These will resolve themselves within a few days. Other potential side-effects include:

- In a small number of patients, eyelid ptosis (droop) can occur. This will disappear but this risk can be minimised by strict adherence to the aftercare instructions.
- Rare side effects: headache, nausea, flu-like symptoms.

If you have any questions please do not hesitate to call us.

### How to contact us

☎ 023 80 637 638

🌐 [www.xavier-g.com](http://www.xavier-g.com)

25 Queens Terrace  
Southampton, SO14 3BQ.



### Review Appointments for Botulinum Toxin

After your first Botulinum Toxin treatment with us, we will ask you to make a follow-up appointment for a treatment review 2-3 weeks after your treatment. At this review, our doctor will assess your treatment result to ensure that you have achieved the best possible clinical correction to the treated area(s), based on the musculature of your face.

If there is still some undesired movement, or, if there is some asymmetry that needs to be corrected, we will provide a complimentary correction treatment (sometimes referred to as a "top-up review"). This review and/or complimentary correction must be carried out no later than 2-3 weeks following your treatment.

It is important to understand that the effects/benefits of a Botulinum Toxin treatment reach their maximum about 2 weeks following your treatment. After this time, the effect slowly-but-surely begins to diminish as muscle movement begins to return. After 3 months, full muscle movement is regained and you will need to repeat the treatment all over again in order to maintain the benefits you seek. It is for this reason that we are unable to offer a complimentary correction after 3 weeks following your treatment.

Note: there is no "standard dose" for a Botulinum Toxin treatment and a good practitioner will always assess your face, the size and position of your facial muscles as well as the way the muscles move in relation to each other and then draw up a personal prescription for your treatment. That personal prescription will form the basis for your next treatment so if you feel that the treatment is not lasting as long as 3 months please do inform Dr Xavier at the time of your next treatment and he will be able to assess your personal treatment prescription, and where possible, adjust it.

#### After your second and subsequent Botulinum Toxin treatments with us

You are not required to automatically make a follow-up appointment for a treatment review but, if you feel that after 2 weeks the treatment has not achieved the full result or that a correction is needed, please telephone our Reception team on 023 80 637 638 to arrange a treatment review as soon as possible. However, you must contact us no later than 3 weeks following your treatment. After this time, you need to wait until your next treatment falls due (generally 3 months following your treatment) and Dr Xavier will then adjust your personal prescription for you.