

## AFTERCARE

### **Important Information following Botulinum Toxin Type A Treatment**

- Do not massage the treated area at all
- If the area is washed, pat dry very gently with a soft towel. Do not rub the treated area for 48 hours
- Do not bend excessively or lie down for at least 4 hours. Keep upright
- Do not apply make up at least 4 hours
- No strenuous activity for 24 hours
- No sunbeds for 24 hours
- No semi permanent makeup for 14 days
- Exercise the treated muscles by tensing them and relaxing them for the first hour after treatment
- Botulinum Toxin takes from 2-14 days to become effective. This is dependent on the strength of the muscles injected and the individual response
- Use over the counter pain relief if required
- Finally, treatment with Botulinum Toxin is temporary and to maintain the effects, treatment is recommended every 3-6 months