



What precautions should I take following Botox injection?

Do not lie flat or go to bed for four hours after injection, avoid heavy exercise or prolonged bending over for 24 hours, do not rub or massage the injected area, do not wear restrictive head gear eg. a crash helmet, riding hat or bicycle helmet for 24 hours. Avoid sunbeds or sunbathing for 1 week as heat can reduce the efficacy of the toxin. Alcohol after injection may risk bruising. Wait an hour before applying makeup. The final effects of Botox are normally seen after 2 weeks. You are invited to come in for review in person after 2 weeks if you have any concerns and it is convenient for you to do so. Still having some movement is not a valid concern unless it is forming wrinkles. Please be aware that there are some areas that botox cannot reach (eg. the immediate outer corners of the eyes, smile lines formed by cheek muscles lifting etc). Any other concerns or queries can be raised with me at any time



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BOTOX AFTERCARE



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What is Botox?

Botox is an injectable toxin which temporarily weakens muscles. It is licensed for clinical and cosmetic use by qualified medical practitioners. Cosmetically, it helps improve the appearance of dynamic expression lines such as crows feet and frown lines.. It does not completely eliminate these lines and only has a minor effect on very deep lines which are always present while the face is at rest. Botox is NOT intended to freeze your facial expressions. Having some residual facial movement after treatment is completely normal and should be expected.

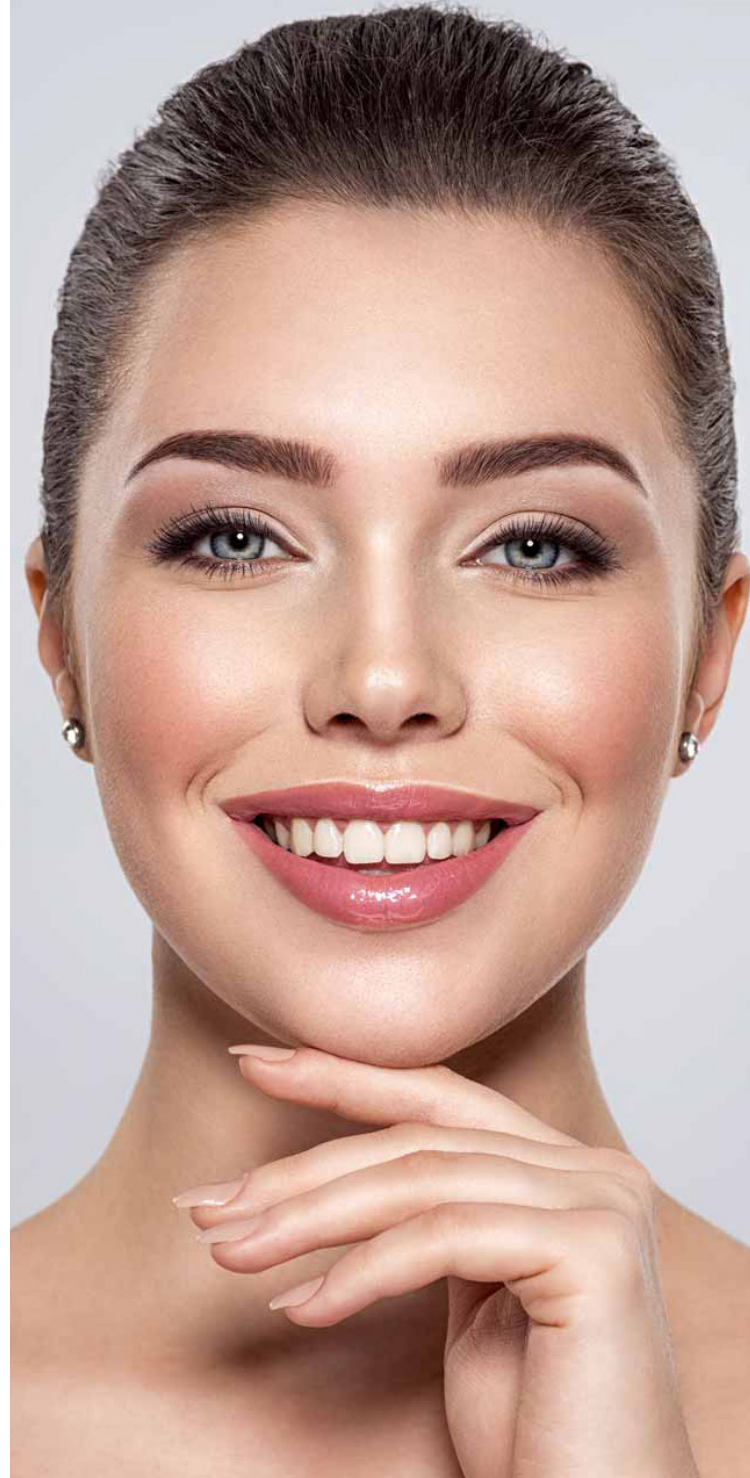


Where is Botox normally used?

The side of the eyes to reduce crows feet, forehead to reduce expression lines and eyebrows to reduce frown lines. Botox can also be used in the lower face to soften a dimpled chin or downturned mouth, or improve a gummy smile. Botox can also be used under the arms, on the palms of the hands and on the soles of the feet for Hyperhidrosis (excessive sweating)

What are the side effects of Botox?

Pain and tenderness at the injection site or bruising are possible, especially around the eyes. On occasion, the eyelid can droop if the pharmacological action of the Botox is strong. This is usually temporary and can be relieved with prescribed eye drops or time. Botox to the forehead area can result in a heaviness to the brows and upper eyelids, which is common but normally passes after a week or so. Anaphylaxis to Botox is extremely rare. Botox can give you headaches for a few days post injection. This will pass.



How long does the effect of Botox last?

The full effects are not normally felt until 2 weeks after the injections. Being able to move your eyebrows is completely normal and expected. Freezing the brows completely looks unnatural and renders the eye area expressionless. Botox can last around 3-4 months, longer in some people. It wears off gradually though so you may notice lines returning before this.

