



## Anti-wrinkle Pre and Post Treatment Advice Sheet

### Important Pre-Treatment Advice

*Although there is currently no evidence of adverse reaction in relation to the COVID 19 vaccination and anti -wrinkle treatments, current guidance recommends avoiding such treatments for a period of 2 weeks following vaccination. This is precautionary advice and is based on the possibility of some people becoming unwell from vaccination. If you have plans for a vaccination, or have had a vaccination and your treatment date falls within the recommended avoidance period, please do not attend and inform us to postpone your treatment.*

### Post Treatment Care & Advice

You have undergone a treatment whereby Botulinum Toxin (BT) has been injected in the skin and facial muscles. The treatment area may initially be swollen, red and bruised. These are common symptoms which should subside within 7-14 days post treatment.

**Proper aftercare is important.** Please ensure you follow the guidance in this leaflet.

1. It is advisable that you maintain clean skin and do not touch or apply makeup to the injection sites for 24 hours to avoid bacterial infection.
2. If your treatment involved the lip region this may have involved the use of an anaesthesia product. Please avoid eating or drinking until normal sensation has returned to avoid biting your lips and cheeks.
3. To aid absorption of the product, we recommend facial exercises of the areas treated such as frowning, raising eyebrows, and constricting eyes. This is only necessary for the first 4 hours after treatment.
4. The effects of the treatment will gradually increase until full effect develops at around 14 days post treatment. If you have any undesirable results at the 14 day stage it is important that you contact us at that time for an aftercare appointment to enable a corrective dose to be applied within the correct treatable timeframe. This may be chargeable depending on the circumstances.
5. Occasionally BT treatments can result in mild tension headaches which may continue for a period of 14 days post treatment. If this happens, contact your physician for advice. More commonly BT treatments are known to resolve the symptoms of those who suffer from migraine headaches.
6. Avoid exposure to the Sun, tanning beds, extreme heat i.e. sauna, steam rooms, sun beds etc. for a period of 14 days post treatment as this may increase discomfort and swelling.
7. Avoid extreme cold; this includes ice packs that are directly applied to the skin for a period of 14 days post treatment. If necessary you can apply a clean cool compress to the area after 24 hours.
8. Arnica tablets or the application of Arnica Gel or vitamin K Oxide cream may help reduce bruising. Any applications must not be applied until 24 hours after treatment.
9. You should avoid facial massages, skin treatment or resurfacing until the injection sites are completely settled and healed.

**Emergency Contact Details:** If you have concerns about any unusual side effects from the treatment please contact [info@faceuk.co.uk](mailto:info@faceuk.co.uk) . However, should you feel acutely unwell after the treatment, please go to your nearest A&E and report this to your General Practitioner.