



After Care for Botulinum Toxin Injections

- **Frown repeatedly and engage the muscles that have been injected this has been shown to hasten the effect and increase the duration of action.**
- It will generally take 2-3 weeks for full effect to be reached.
- **Do not rub or touch the treated area for 3-4 hours**
- **Do not lie down for at least 3-4 hours and avoid make up for this period of time too.** – if applying make up please use a light dabbing motion instead of rubbing and spreading.
- **Avoid exercise for 3-4 hours after treatment.**
- Please avoid other facial treatments for the next 7 days as this may cause 'tracking' of the treatment to different areas.
- Side effects: bruising and redness. Rare temporary drooping of the eyelid/eyebrow may occur but this will completely resolve with time.

Please contact us if you have any queries or concerns at: **01793 422024 | 07543 690956**
or email : **medical@elementsofserenity.co.uk**

Your follow up appointment is on:_____