

### Aftercare Instructions Following Treatment with Botulinum Toxin

Your treatment with Botulinum Toxin will gradually take effect over the next 7-10 days. After 2-3 weeks it will be working fully.

- Repeatedly frown or tense the area for about 1 hour after treatment. This will help the treatment to be more effective by increasing the uptake by the targeted muscles.
- Do not rub or touch the treated area for 3-4 hours.
- Try to remain upright for 3-4 hours and do not lie down. Try to avoid sleeping on your face for the first night.
- Avoid exercise for 3-4 hours.
- Avoid applying make up to the area for 1 hour. After this apply makeup gently for the next 24 hours using a light dabbing motion rather than a rubbing or spreading action.
- It is not advisable to fly within the first 24 hours of treatment.
- Do not have any facial treatments for 7 days after this as they may cause 'tracking' of the Botulinum Toxin to neighbouring areas.
- If you have any concerns, please call Dr Timothy Eldridge at myFACE on 01242 570404.