

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.

- If you have had your masseter muscles treated, continually clench/relax your teeth for 1 hour after treatment, or alternatively chew gum. 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 15 minutes and do not lie down.
- Avoid exercise for 15 minutes.
- Avoid applying make up to the area for 1 hour. After this apply make-up gently for the next 24 hours using a light dabbing motion rather than a rubbing or spreading action.
- 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.