

ANTI-WRINKLE TREATMENT

BEFORE WE TREAT

Your treatment is planned around your anatomy, muscle activity, medical history and previous response. Please tell us if anything has changed since your consultation.

1-2 WEEKS BEFORE

- Tell us if you have had botulinum toxin elsewhere recently, including the brand, area and approximate date. Toxin units are not directly interchangeable between products.
- Tell us about recent facial surgery, facial nerve problems, previous eyelid/brow droop, significant facial asymmetry, or a history of difficulty swallowing, speaking or breathing.
- Tell us if you have a neuromuscular condition, a previous serious reaction to botulinum toxin, or infection/inflammation in the planned treatment area.
- If you are pregnant, trying to conceive or breastfeeding, tell us before treatment; elective cosmetic toxin is generally deferred.
- Allow enough time before an important event for possible bruising, swelling or temporary asymmetry while the result develops.

3-7 DAYS BEFORE

- Bruising can be increased by aspirin, ibuprofen/other NSAIDs, anticoagulants, antiplatelet medicines, fish oil, vitamin E and some supplements. Do not stop prescribed medication for cosmetic treatment unless your prescribing clinician has told you it is safe.
- Tell us if you are taking antibiotics, muscle relaxants, medicines used for neuromuscular conditions, or any new prescription medication. Certain medicines can alter the effect of botulinum toxin.
- Avoid unnecessary irritation over the treatment area, including waxing, aggressive exfoliation, strong peels or procedures that leave the skin inflamed.
- If you develop a cold sore, rash, active spot/infection, eye infection, fever or feel acutely unwell, contact us before attending.
- No special diet or supplement is required to make toxin work.

24-48 HOURS BEFORE

- Avoid or minimise alcohol if practical, as it can increase flushing and bruising.
- Avoid introducing a new skincare product or procedure that may irritate the planned injection area.
- If you bruise easily, plan around that possibility rather than stopping medically necessary medication.

DAY OF TREATMENT

- Arrive with clean skin where possible. Makeup will be removed from the treatment area before injection.
- Eat and drink normally unless you have separate medical instructions.
- Bring an up-to-date medication list if anything has changed.
- Before treatment, tell us about any new illness, medication, pregnancy possibility, skin reaction or previous toxin treatment not already discussed.
- Baseline photographs and facial movements may be recorded to assess symmetry and response accurately.

ANTI-WRINKLE TREATMENT

FIRST FEW HOURS

- Small bumps, redness, tenderness or pinpoint bruising can occur and usually settle quickly.
- Keep injection sites clean. Avoid rubbing, pressing or deliberately massaging unless specifically instructed.
- Normal gentle facial movement is fine. You do not need to repeatedly exercise the muscles.
- Brief gentle cooling may help bruising or swelling; avoid firm pressure.

REST OF THE DAY

- Makeup and skincare may be used once the tiny injection points have closed and the skin is comfortable. Apply gently.
- Evidence does not show that normal bending, lying down, flying or routine daily activity meaningfully changes toxin migration. You do not need to stay bolt upright.
- For a simple cautious rule, avoid vigorous exercise, significant heat and sustained pressure/massage over treated areas for the rest of the day.

FIRST 24-48 HOURS

- Avoid facials, facial massage, gua sha or other treatments that apply significant pressure over injected areas.
- If you bruise, it may become more visible before fading. Do not massage it aggressively.
- Do not try to correct an early uneven appearance yourself; different muscles may begin responding at slightly different times.

WHAT TO EXPECT

- Day 2-5: some effect is often noticed.
- Day 7-10: the result becomes clearer.
- Day 10-14: usual point for final assessment/review.
- Longevity varies with product, dose, area, muscle strength, metabolism and treatment history.

NORMAL / EXPECTED

- Pinpoint bruising or swelling
- Small raised bumps immediately after treatment
- Mild headache, tenderness, tightness or heaviness
- Temporary unevenness while toxin is starting to work
- More or less movement than expected before review

CONTACT US / SEEK HELP

CONTACT US PROMPTLY

New or troublesome eyelid/brow droop, pronounced smile or mouth asymmetry, difficulty closing an eye, double vision, or another unexpected functional change.

URGENT MEDICAL HELP

Difficulty swallowing, speaking or breathing; generalized weakness; severe allergic symptoms; or anything that feels medically urgent.

INCREASING PAIN / REDNESS

Contact us if pain, swelling, redness or warmth is increasing rather than settling, or if you develop discharge or signs of infection.

REVIEW

Assess the settled result if review is required. Any adjustment is based on your anatomy, movement and the original plan. Do not compare your dose or injection pattern with somebody else's treatment.