

# Dr Wells

A E S T H E T I C S

## POST TREATMENT INSTRUCTIONS:

### **ANTI-WRINLE TREATMENTS WITH BOTULINUM TOXIN**

Please read the following information carefully and contact Dr Wells Aesthetics if you have any questions regarding the post treatment advice.

We hope you had a wonderful experience in clinic today & look forward to seeing you again soon!

★If you enjoyed your visit please leave a Google Review via this link★:

<https://g.page/r/CcRy6UGw-wCiEBM/review>

#### **Up to 24 hours post treatment:**

- It is normal to have small areas of swelling & redness surrounding the injection sites, this should subside within a few hours after treatment.
- It is possible you may develop small bruises around the injection sites, more extensive bruising is rare but may occur, this can take 5 to 10 days to completely resolve.
- You may experience a headache after treatment which can be treated with simple paracetamol, avoid ibuprofen / aspirin as this may increase the chance of bruise formation.
- Keep your head upright for 4 hours following treatment & avoid strenuous activity for 24 hours after the treatment
- When cleansing the evening of the treatment, avoid excess pressure and use gentle strokes away from the eyes. Do not use any active substances such as: tretinoin, retinol, vitamin C, or any acids on the skin for 24 hours.
- For 24 hours you should avoid alcohol, exposure to UV, and extreme heat i.e. sauna, steam, sun beds, very hot showers as these may increase discomfort and swelling.

#### **Up to 2 weeks post treatment:**

- Avoid facial massages and any sustained pressure to the face including lying face down on a physio table, or wearing tightfitting headwear for 7 to 10 days following treatment.
- Avoid any other aesthetic treatments such as chemical peels, laser, dermal fillers in the same treatment area.

**If you experience an allergic reaction, indicated by a feeling unwell, increased swelling, and/or redness around your face, please contact our clinical team at once. Additionally, if you are experiencing any change in function or appearance of your eye(s), this may be an adverse event that requires a review by the clinical team.**

Full benefits from treatment will be visible within 10-14 days, you are encouraged to contact Dr Wells Aesthetics for a follow up appointment to assess your results.