

*Following any injectable treatment, it is advised to not take vitamin E, aspirin or consume alcohol for 24 hours.*

## Anti-Wrinkle Injections

Following treatment with any Botulinum Toxins, these simple advice protocols are most useful for the first six hours after treatment:

1. Do not rub or massage the treated areas.
2. Avoid lying completely flat or bending down excessively.
3. Do gently exercise the facial muscles of the treated areas by frowning/smiling or lifting the eyebrows occasionally. This will optimise the final result.
4. Do not have a facial, facial massage or sauna for 24 hours following treatment.

## Dermal Fillers

It is likely you will be a little red, bruised and/or swollen immediately after treatment – this is totally normal. However once any bruising and swelling has subsided after a few days, you can enjoy the final result.

1. If make-up is required, please apply a mineral make up for up to six hours after treatment. Standard make-up is fine for use after this time.
2. Avoid excessive exercise for six hours following treatment.
3. Avoid sun beds for 24 hours following treatment.
4. Do not have a facial, facial massage or sauna for 72 hours following treatment.

## Hyperhidrosis Treatments (using Botox)

1. Normal activities can be resumed immediately following treatment. However, it is advisable to avoid vigorous exercise for 24 hours.
2. There is a small chance of redness and bruising – this will resolve quickly and does not require attention.
3. Do not have electrolysis, laser treatment or electrical beauty treatments (to the treated area) for one week following treatment.
4. Do not shave or wax the treated area for 24 hours following treatment.

Please ensure that if you have any questions or concerns prior to or after treatment, that you discuss them with a member of our team.

## Lip Filler Treatments

There is likely to be swelling after any lip filler treatment as the lips are particularly sensitive and it can take up to a week for your lips to settle to their new shape.

1. Swelling generally settles within 12-24 hours of treatment. Gently apply a cold compress to help reduce swelling as required.
2. Bruising can occur but usually settles within one week.
3. Any redness is variable and normally settles within 12-24 hours.

## Sculptra

Due to the depth the Sculptra needle penetrates, there is potential for severe bruising to the treated areas (which can be expected to last the same time as a regular bruise to any other part of your body). To ensure the success of the gradual long lasting effects of Sculptra, it is important that you adhere to the following instructions:

1. Using moisturising cream or any other appropriate cream to reduce friction, gently massage the treated areas for the first few days as instructed by your practitioner.
2. Within the first 24 hours of treatment, apply a cold compress to the treated areas to help reduce swelling. (Wrap ice in cloth to avoid putting ice directly onto skin.)
3. Make-up may be applied a few hours after treatment if no complications are evident.
4. Avoid excessive sun and UV lamp exposure.

## Derma roller Treatments

Immediately after treatment you will look as though you have moderate sunburn. Your skin may feel warm and tighter than usual. This will start to subside after 2-3 hours and will normally recover within 24 hours, with only slight redness the following day. Occasionally this redness can persist for 3 - 4 days.

1. Use tepid water to cleanse the face for the following 48 hours and dry gently. Always make sure your hands are clean when touching the treated area.
2. Mineral make-up can be applied immediately after treatment although please wait for 12 hours before applying standard make-ups. Remove excess blood spots/clot prior.
3. Avoid saunas, steam rooms, excessive exercise, hot baths or showers until the redness has gone.
4. Avoid intensive sun light exposure and artificial UV exposure for a period of at least two weeks after your treatment. Use a broad spectrum UVA/UVB sun protectant with an SPF50 on a daily basis during this period.
5. Should the skin feel particularly dry as it regenerates, apply a good anti-ageing moisturiser.

Please ensure that if you have any questions or concerns prior to or after treatment, that you discuss them with a member of our team.