

WRINKLE REDUCTION

PRE-CARE ADVICE

Help minimise any potential post-Botox bruising by taking these steps:

- Refrain from alcohol at least 2 days prior.
- Stop taking medication that can thin the blood. A week before you get Botox injections, stop taking:
 - Aspirin
 - Ibuprofen
 - St. John's Wart
 - Vitamin E
 - Fish oil or Omega-3s
 - Ginko Bilboa
 - Ginseng

*Please talk to your GP if you have any prescription medication you are unsure about.

- There has been some studies which suggest moving the facial area pre and post treatment will help the results.

POST-CARE ADVICE

What you do after Botox and how you take care of your skin is very important. Here are some things you should and shouldn't do after getting Botox injections:

- Don't touch your skin where the Botox was injected. Avoid rubbing and massaging the treated area for 24 hours because you don't want to make the Botox spread to other unintended muscles.
- Avoid strenuous physical activity.
- Avoid consuming large amounts of alcohol.
- Avoid getting facials, chemical peels, microdermabrasion, etc. for 24 hours.
- Avoid taking the blood thinning medications mentioned above.
- Topical vitamin K and arnica can help with bruising.
- Go back for touch-ups if you need it or are unsatisfied with your results.
- Avoid lying down for 1hr post procedure.
- Use good skincare to aid the remodelling of your skin.

