

Botulinum Toxin Injections Aftercare and advice

Any procedure involving needles can result in a bruise. A bruise is caused by a needle injuring a blood vessel and blood leaking into the surrounding tissue. This is nothing for you to worry about; it will fully resolve over the period of a week but sometimes longer. It is not a serious event just unsightly and often embarrassing! Over the course of the 2 weeks after your treatment, the different treated muscle groups can respond to the medication at different rates, it is not unusual to see some slight asymmetries, such as an eyebrow more raised than the other; this is nothing to concern you and will either fully resolve over the 2-week period or be corrected at your review appointment.

After having Botulinum Toxin injections to the face, we ask that you refrain from:

- Rubbing or massaging the treated area for 24 hours
- Touching the treated area for 3 hours
- Strenuous exercise or activity for 3 hours
- Exposure to extreme temperatures for 48 hours, eg - saunas, hot baths.

Common Side Effects

- Headache
- Skin redness
- Local muscle weakness
- Minor facial pain
- Less common can be a brow or eye lid droop

Adverse reactions possibly related to the spread of the prescribed treatment distant from the injection points have been reported very rarely. Please contact Skintalks immediately at the clinic or via our emergency contact numbers and e-mail should you experience any of the following symptoms:

- Difficulty swallowing
- Difficulty breathing
- Difficulty speaking
- Muscle weakness
- Allergic reaction (swelling of face or airways)

Small lumps and bumps post injection are perfectly normal and will usually resolve within a few hours after the treatment, however, some small bumps can persist for a few days, this is simply minor swelling caused by the injection.

For patient safety, you cannot be reviewed before 2 weeks (except in the case of an emergency) as the treatment has not reached its full effect and it would not be considered safe to inject further toxin before this time.

Emergency contact details:

- 07830 537685
- darrylcollier@skintalks.co.uk

We can also be contacted through our Skintalks Facebook page.

Heaviness over the brows is a fairly common complaint after treatment, be reassured that this will fully resolve over a period of weeks. This is the result of the forehead muscle being too relaxed after the toxin treatment and the muscle sitting heavy over the upper eyelids. Serious complications are extremely rare

How long results last is unique to every single person. It is not unusual for a patient beginning the journey of toxin treatments to see activity from as early as 5 weeks after treatment. This is nothing to worry about. How soon muscular activity returns to an area is determined by neurone repair and regrowth, the rate of this process is driven by your own physiology. Regular treatments at 3 to 4 monthly intervals will help to weaken and retrain the muscles which will help your results to last longer.

No patients will be injected with toxin after 4 weeks from the initial treatment; this is for your safety. The soonest you can receive further toxin treatment again is 12 weeks from your initial treatment date.

The aim of your treatment is not to completely paralyse every muscles of the upper face. The goal is to reduce muscle activity which will improve on the appearance of lines and wrinkles. It is advisable that you retain some facial expression to ensure the outcome achieved is natural, refreshing and rejuvenating. Gentle facial movement is completely acceptable.

Be guided by your Medical Aesthetic expert.

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