

# AFTERCARE | WRINKLE RELAXING INJECTIONS

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AVOID VIGOROUS EXERCISE ON THE DAY OF AND 24 HOURS AFTER YOUR APPOINTMENT AS MAY INCREASE BRUISING AND PRODUCT MIGRATION

CLEANSING, MOISTURISING, MAKE UP AND TOUCHING THE AREA IS NOT ADVISED FOR 12 HOURS POST PROCEDURE DUE RISK OF INFECTION

AVOID MASSAGING THE AREA FOR 14 DAYS TO ENSURE THE TOXIN DOESN'T MIGRATE

AVOID EXTREME HEAT, COLD OR EXCESSIVE EXERCISE 24 HOURS BEFORE AND AFTER AS IT MAY INCREASE THE RISK OF BRUISING

AVOID ALCOHOL FOR 12 HOURS AS CONSUMPTION CAN INCREASE BRUISING

NORMAL DAY TO DAY ACTIVITY CAN RESUME, HOWEVER THERE MAYBE SOME MINOR SWELLING, REDNESS, PIN-PRICK MARKS

ANY SWELLING WILL RESOLVE IN AN HOURS, BRUISING MAYBE MORE APPARENT THE NEXT DAY, AND TAKE UP TO 14 DAYS TO RESOLVE

THERE SHOULD BE NO PAIN. ANY TENDERNESS SHOULD SETTLE WITHIN 12-24 HOURS

USE THE INJECTED MUSCLES AS USUAL, NORMAL FACIAL EXPRESSION WILL ACTIVATE THE TOXIN.

HEADACHE AND/OR A SENSATION OF TIGHTNESS OR HEAVINESS SHOULD FADE AFTER A FEW DAYS. SOME PEOPLE REPORT DOUBLE VISION, THIS WILL RESOLVE IN IF RELATED

IT IS EXPECTED YOU WILL START TO SEE THE EFFECT FROM DAY 4-14 . WITH FULL EFFECT AT DAY 14-21.

AT DAY 14-21 A REVIEW OF THE TOXIN IS ADVISED, A TWEAK IN DOSE MAYBE REQUIRED

TOXIN STARTS TO DIMINISH IN THE MUSCLE FROM WEEK 8-12, THEREFORE IT IS RECOMMENDED THAT INJECTIONS ARE USED REGULARLY (NO SOONER THAN EVERY 12 WEEKS/ 3 MONTHS) TO MAINTAIN THE LICENSED/ DESIRED EFFECTS

# ADVERSE EFFECTS

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IF YOU ARE CONCERNED OR EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS  
PLEASE CONTACT ME ASAP FOR ADVICE

ITCHING, HIVES, SWELLING OF THE LIPS, WHEEZING, DIZZINESS, LIGHT HEADEDNESS



THIS MAY INDICATE AN ALLERGY

SIGNS OF INFLAMMATION, INCREASED OR SPREADING REDDENING, INCREASED WARMTH, INCREASED PAIN,  
WEEPING



THIS MAY INDICATE INFECTION

IF YOU EXPERIENCE DIFFICULTY BREATHING, SWALLOWING OR SPEAKING



SEEK URGENT MEDICAL ADVICE/ CALL 999

# WRINKLE RELAXING INJECTIONS | POST PROCEDURE EMOTIONS

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PRE TREATMENT

I'M SO SCARED, ARE THE INJECTIONS GOING TO HURT? I DON'T WANT TO LOOK FROZEN!



DAY 1

OW.. THE APPREHENSION WAS SO MUCH WORSE. I FELT IN REALLY SAFE HANDS AND IT WASN'T AT ALL PAINFUL



DAY 2-4

SLIGHT PINPRICK BRUISING MARKS... I CAN COVER THEM WITH MAKEUP. NO CHANGE DESPITE THE 300 VISITS TO THE MIRROR



DAY 4-14

MOVEMENT IN THE AREAS IS DEFINITELY SLOWING, I FEEL A LITTLE HEAVY HEADED.



DAY 14

MY MAKEUP SITS FLAWLESSLY, I KEEP CATCHING MYSELF IN THE MIRROR AND FEEL SO MUCH FRESHER.



DAY 21+

WHY DID I WORRY SO MUCH?. I DON'T KNOW WHY I DIDN'T DO IT SOONER. IT LOOKS THAT NATURAL NO ONE HAS NOTICED, YET I FEEL SO RENEWED

