



# TOXIN AFTERCARE

- No rubbing or massaging of the injected area for 4 hours after treatment, including facials.
- No strenuous exercise for 24 hours after treatment.
- Keep upright for 4 hours – no lying on your front.
- Avoid sunbed use, for 4hrs after treatment. Or PREFERABLY for 2 weeks.
- Avoid activities such as shoe shopping.
- Avoid headwear that is tightly fitted across the forehead.
- Avoid alcohol for at least 24hrs. This is because alcohol can thin the blood much like an aspirin, and abstaining can help prevent bruising.
- Avoid flying for at least 48 hours. Or PREFERABLY for 2 weeks.

**After 4 hours you may perform light exercise such as:**

- Walking
- Jogging
- Upright yoga (avoid any positions that leave you lying flat or upside down)
- Gardening

**It is recommended that you wait 24 hours before attempting any strenuous exercise, including:**

- Weight training
- Cross training
- Long distance running
- Yoga (positions where the body is inverted)

-Generally, side effects from toxin injections are rare and recovery is swift. We are available should you have any questions or concerns over minor side effects such as bruising and headache.

-Your face will not feel overly sore or tender. Treatment will not prevent you from washing or continuing with your normal skin care routine.

-Toxin does not 'build up' or accumulate in your system. Recommended treatments are scheduled at about 12-16 weeks. Once the effects have worn off, in around 2 weeks, it is safe for you to top up treatments in the same area. It is also perfectly safe to have multiple treatments in different areas at the same time.

-Once the toxin wears off, your muscles will function as they did before the treatment. This means that the wrinkles you smoothed or reduced will slowly begin to appear again; no new wrinkles will have been formed due to the treatment, you will simply be witnessing old wrinkles reappearing.