

Botox Aftercare Form Template

- You can help activate the Botox by gently exercising the muscles that have been treated i.e frown & smile as frequently as possible.
- Some patients experience slight discomfort around the treatment area for a short time after treatment.
- Bruising can be avoided or minimised by avoiding aspirin and alcohol for 24 hours pre and post treatment.
- You may experience temporary swelling or bruising around the site of treatment. This will usually settle within a day or two. Some patients can experience a headache following treatment for which you may take paracetamol.
- The results are not permanent and the duration will differ from patient to patient.
- The treatment normally takes 4-10 days to take effect.
- Side effects, if they occur, are usually temporary and mild to moderate.

The most common reported side effects:

- Tenderness
- Bruising
- Temporary headache
- Drooping of the eye lid or brow
- Excessive watering of the eye
- Mild inflammation of the surface of the eye

Less common side effects include:

- Inflammation of the surface of the eye
- Eversion or inversion of the eyelids
- Light sensitivity/double vision
- Dizziness, rash, tiredness
- Facial weakness/droop/asymmetry
- Allergic reaction

Should you experience any of these symptoms following treatment, please contact your practitioner.

We do hope that you are happy with your treatment. Please remember, however, that the treatment will usually only last for three to four months and movement will start to return any time from 4 weeks.

Filler Aftercare Form Template

If you have not been offered any additional or different instructions please follow the advice listed below.

- The effect of your treatment is immediate. Filler can be slightly mobile for a few hours following the procedure so it is important that you keep facial movements minimal and do not rub or massage the area for the rest of the day.
- Immediately after treatment it is quite normal for there to be slight redness, swelling and tenderness around the treated area. These signs will gradually disappear in a few days. Wash and dry your face with gentle patting movements.
- It is possible that you may be able to feel or see where the product has been placed for about two weeks following treatment. As the filler gradually incorporates into the matrix of your skin, these signs will lessen. If you have had stronger, more uplifting filler, it is possible that the filler will be palpable for longer.
- Please avoid the use of makeup for the rest of the day to prevent the introduction of infection to the injection sites.
- Do not have facial beauty treatments or massage for two weeks following treatment and avoid exposure to strong sunlight, very cold temperatures, saunas and solariums for the same length of time.
- If there is discomfort following treatment you may take Paracetamol. Avoid the use of aspirin, ibuprofen or other anti-inflammatory drugs as these may increase the risk of bruising.
- Lip treatment generally takes a little longer to settle and may feel tender and appear uneven – this will gradually resolve itself within the first week and should not affect the final result.
- There is a chance of bruising with filler treatments, caused both through the injection and sometimes through the pressure of the product on capillaries under the skin. Bruising may be apparent at the time of treatment or may develop later and may be anything from more likely mild to moderate or occasionally heavy. This is an unfortunate side effect of filler treatments. Bruising will subside in time and the use of arnica cream can sometimes be helpful. Cool compresses for two days following treatment can help. After two days, warm compresses will encourage blood supply to remove traces of the bruise.
- Although your treatment result is immediate the overall result will look much better in about two weeks when any trauma has subsided and the plumping effect of the product has really started to take effect.