



Aftercare instructions following Botulinum A toxin treatment

Your doctor at Subtle Look is committed to your satisfaction with the care you received today. It is important you feel that we have listened to, and responded to, all of your questions and concerns. Please do not hesitate to ask us any questions you may have regarding your treatment today, and the steps you will need to take in the coming days to assure the results of your treatment meet your expectations. The following information will assist you in maximising your results, and minimising any potential complications from your treatment.

Following your treatment, you may have some swelling, redness and bruising which should subside within a few hours after treatment. This can be covered safely with make-up. More extensive bruising is rare, but can take 5 to 10 days to completely resolve. You may also experience a headache after treatment which can be treated with simple paracetamol.

Keep your head upright for 4 hours following treatment, and feel free to use the muscles that have been treated. You should avoid facial massages and any other undue or sustained pressure to the face including lying face down on a physio table, or wearing tight fitting headwear for 7 to 10 days following treatment. When cleansing, avoid excess pressure and use gentle strokes away from the eyes. For 48 hours you should avoid alcohol, exposure to UV, and extreme heat i.e. sauna, steam, sun beds, very hot showers, strenuous exercise etc as these may increase discomfort and swelling.

If you experience an allergic reaction, indicated by feeling unwell, increased swelling, and/or redness around your face, please contact our doctor at once.

Full benefits from treatment will be visible within 5 to 10 days, and you may be offered a follow up appointment to assess your results.

Should you feel unwell following your procedure it is important to seek specialist medical advice immediately and you should contact the doctor, your GP or your local accident and emergency department.