

BOTOX/AZZALURE/BOCOUTURE

Today you may have undergone a treatment in which a tiny amount of muscle relaxing protein has been injected into muscles to improve appearance. It will usually take between 3 and 10 days to start to see any muscle relaxing effect, and 14 days until the full effect has been reached.

Treatment takes up to 14 days to work. on average this treatment lasts 3-5 months



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What's Normal after a Procedure?

This treatment can cause small amounts of swelling, a temporary bump, redness, bruising, a mild to moderate headache, and sensations such as tingling or mild itching after treatments. These effects are so common that they can be considered part of the process.

Initial effects will show in the first 4-6 days. Peak effect on the muscle is at 14 days, but the result will continue to improve for a few weeks. The benefits start to ease after 3-4 months on average.

How to Protect Your Result & Reduce Side Effects after Treatment - For 4 hours: Remain upright, don't bend excessively.

- **For 24 hours:** Avoid extreme expressions. Do not drink alcohol (increases bruising risk).

- **For 2 days:** When cleansing, avoid pressure and use gentle strokes - gently pat skin dry with a soft towel after washing and do not massage the area. Sleep with an extra pillow than usual.

- **For 14 days:** Avoid facial massages, electrical stimulation, or any facial procedures. Avoid wearing tight caps or garments in the area that has been injected. Avoid exposure to sunlight and extreme heat ie. steam, sauna, sunbeds, hot showers, strenuous exercise etc (SPF50 always recommended) Reduce the Chance of Infection:

- **For 24 hours:** Do not apply make-up unless it is mineral based. Do not touch your face in the areas injected - Wash your hands immediately post procedure. Contact us... -If you develop a side effect, such as dry eye, droopy eyelid, heavy brow -Any other side effect you think is important. -If you feel distressed or worried in any way. Routine adjustments can be carried out from day 14 after your procedure.