

After-Care Instructions: Anti- Wrinkle Injections

Immediately after the treatment there may be some slight swelling around the injection sites(similar to midge bites), but this should settle within the hour.

The treatment effects vary between individuals, but usually take between 4 -14 days to materialise. I advise people to expect the effects to last 3 months on their first treatment. Subsequent treatments typically last 4-6 months. As the effects wear off, you will notice your facial muscles moving a little more freely and the wrinkles to gradually reappear.

Do's and Don'ts

- You can resume most normal activities after the treatment.
- For the first 4 hours after the treatment:
 - avoid lying down.
 - try to exercise the targeted muscles with gentle facial expressions.
 - avoid touching or rubbing the injected area.
- After 4 hours you can apply makeup, but take care not to apply too much pressure.
- If you notice any bruising, applying a cool compressor or using arnica can help minimise this.
- Avoid exercise for 24hrs after treatment.
- Avoid alcohol for 24hrs after treatment.
- Avoid extremes of heat for the first 24 hours after treatment. For example hot showers/bath, saunas, steam rooms or sun exposure.
- Avoid anti-inflammatory drugs (such as ibuprofen or aspirin) or supplements (Cod Liver Oil, glucosamine, Vitamin A, B or E) or St John's Wart for 2 days before and after treatment, as these can increase your risk of bruising.
- Avoid cosmetic products containing Retinoids for 3 days either side of the procedure.
- Avoid treatments such as chemical peels, dermabrasion or laser treatments 4 weeks either side of the procedure.

If you suffer any allergic responses, prolonged generalised symptoms or have questions or worries please do not hesitate to contact me on 07702 389 636.

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