

# HAUT.

## Anti-Wrinkle Injections

### Pre Treatment

For around 72 hours prior to your treatment, try to avoid any medication or substances that will thin your blood and thus increase your risk of bleeding/ swelling. For example; aspirin, anti-inflammatory medication (Ibuprofen, Naproxen) and the big one - alcohol! For the same reason, it is worth avoiding some supplementary medication such as St. John's Wart, Vitamin E and Fish oil/ Omega-3s.

### Post Treatment

You will more than likely have some little bee-sting type marks from where you have been injected. These usually reduce and disappear within a couple of hours. It is important that you avoid touching the treated area to reduce to spread of infection. Although very tiny, there are still little holes there for bacteria to enter. Keep the area clean and avoid make up for 12 hours if possible. When washing or moisturising, ensure the area is not massaged or rubbed - but simply patted very gently. This is to avoid the migration of the product into areas we do not want it to be. Continue this for 48 hours before carrying on as normal. For the very same reason (although old hat) the '4 hour rule' is still very much adhered to and advised. This means you should try to avoid bending excessively or lying down for around 4 hours following your treatment.

Try to avoid extreme heat and extreme cold for around 7 days post treatment. For example:

- Saunas
- Steam rooms
- Hot tubs
- Spa's which involve heat/ ice treatments
- Very hot/cold holiday destinations

It is also worth avoiding extreme or intense exercise for around 24 hours post treatment.

It is advisable that you avoid alcohol for 24-48 hours following your treatment, in order to reduce the risk of further bruising.

### Side Effects

More common side effects include: include bruising/swelling/redness at injection site; headache.

Rare - but possible - side-effects include: infection; nausea; flu-like symptoms; occasional numbness; drooping of the eyebrow or upper eyelid; allergic reactions; rash; pruritus; visual disturbances; blepharitis; photosensitivity; facial swelling; dry mouth; dizziness; anxiety; 'pins and needles' sensation; dry skin and antibody formation (substantial deterioration in response).

### Safety

An allergic reaction to Botox is very rare. However, if you notice symptoms such as itching and swelling of the face, rashes, dizziness or breathing issues then seek medical help immediately.

Again, although rare, a drooping of the brow or eyelid can very occasionally occur if the product affects certain muscles in the forehead. This can be better avoided by spreading the dosage of product over two treatment sessions, and not overloading the treated area all at once. This will be further discussed with you during the consultation process.