



## WHAT TO EXPECT AFTER YOUR TREATMENT?

There might be redness, swelling or tenderness in the treated area. This is a normal result of the injections and will disappear within a few days. There may also be mild bruising at the injection points.

To reduce bruising, it is important to adhere to the aftercare regime. Please avoid any medications containing NSAIDs, aspirin, vitamin E and ginseng for the week prior and the week following treatment, unless medically necessary and after discussion with your doctor or nurse.

You may have a mild headache which can be treated with paracetamol if required. The treated area may feel heavy or 'strange,' this is normal and will settle as the Botulinum toxin takes effect over the first 10-14 days.

There may also be asymmetry of the treated muscles until the treatment takes full effect, this is normal and due to the muscles slowly relaxing. This is most noticeable with forehead treatments.

Rarer side effects have been discussed in the consultation process and are not expected with every treatment.

## IMMEDIATE AFTERCARE – WHAT TO DO AT HOME

- Do not lie flat for 4 hours following your treatment.
- Avoid any heat-inducing activities for 24 hours such as strenuous exercise, spas, saunas, and hot showers.
- Avoid pressure on the area for the first 24 hours (sleep on your back, if possible, no face down massages). Do not rub or massage the area.
- Avoid alcohol for 24 hours (We always prefer clients to abstain from alcohol for 7 days prior and 7 days post-treatment, for optimal results and to minimise bruising/swelling).
- Avoid active cosmeceutical products (AHAs, retinol, vitamin C) and oil-based makeup for 24 hours.
- Avoid eyebrow treatments, facials, waxing, chemical peels, skin needling, HydraFacial, BBL or laser treatments for 2 weeks after treatment. Please discuss your future treatment plans with your doctor or nurse.

DATE: \_\_\_\_\_

TIME: \_\_\_\_\_

PRACTITIONER: Dr Stephanie Mulcahy

CLINIC CONTACT: DNTL Code - 08 9192 1624

COMMENTS: \_\_\_\_\_

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## TREATMENT FOLLOW-UP

You may notice the results in 3-7 days with end results visible at 14 days. Masseter and hyperhidrosis treatments may take up to 4 weeks to take effect.

A second treatment between 14-21 days of the wrinkle relaxer treatment may be necessary to achieve optimal results and to determine a correct dosing regimen. Masseters may need a review at 4-6 weeks.

Please note that NO FOLLOW-UP OR TOP UP TREATMENT will be performed prior to the anti-wrinkle injections taking full effect (prior to 14 days).

Each dose is individualised to each patient. Further costs will be incurred with any follow-up treatment. These are not 'top up' treatments, as treatment is individualised and charged per unit.

A follow-up may be needed to optimise dosage and placement for the best aesthetic outcome, it can take a few treatments to get the best long-term result which can then be replicated with ongoing treatments.

Wrinkle relaxers last approximately 3 months for the relaxing of facial muscles (based on clinical studies). The treatment lasts longer in areas such as the masseter muscles and sweat glands with results expected up to 6 months.

Full muscle paresis/paralysis does NOT last the full treatment duration and muscle activity begins to return at the 6-to-8-week mark in most individuals, with full return to pre-treatment movement at the 12-week mark.

Longevity depends on the type of wrinkle relaxer used, dosage (number of units used), its indication, particular muscle injected, compliance with aftercare and individual factors such as metabolism. For those who request a more 'natural' result with residual muscle movement, the results will not last as long (2 months average) due to the lower dose used.

To ensure long-lasting results, regular maintenance treatments are required and essential.

Our doctors and nurses advise at least 3 treatments each year for wrinkle relaxers to maintain your results and to prevent wrinkle formation. Treatments will NOT be performed more frequently than 12 weekly (3 months).

Please contact us on (08) 9192 1624 if you have any questions about your treatment or aftercare instructions.