

Today, you may have undergone a treatment in which a tiny amount of a 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.

Treatments take 14 days to fully work, and last 3-4 months on average.

WHAT'S NORMAL AFTER A PROCEDURE?

- Injections 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 the treatments.
- These effects are so common that they can be considered a normal part of the process.
- The initial effects will show in the first 2-5 days. Peak effect on the muscle is at 14 days, but the result will continue to improve for 4 weeks or more. The benefits start to wear off after 3-4 months on average.

HOW TO PROTECT YOUR RESULT & REDUCE SIDE EFFECTS:

- Remain upright for 2 hours.
- Do small extra contractions of the muscles treated every 20 minutes for the first hour.
- When cleansing, avoid pressure and use gentle strokes away from the eyes.
- Avoid facial massages or electrical stimulation of the face for the next 2 weeks.
- Avoid wearing tight caps or garments in the area that has been injected.
- Avoid alcohol and exposure to UV and extreme heat, i.e. sauna, steam, sun beds, very hot showers, strenuous exercise, etc.

REDUCE THE CHANCE OF INFECTION:

- Avoid makeup for 6 hours unless it's mineral-based.
- Wash your hands immediately post-procedure.
- Do not touch your face in the areas injected for 6 hours.

CLINIC DETAILS:

- **Contact us immediately if you develop any side effects, such as:**
- **A dry eye, droopy eyelid, or heavy brow.**
- **Additional side effects that you believe are significant.**
- **If you feel distressed or worried in any way.**
- **Routine adjustments can be carried out from day 14 after your procedure.**
- **If you have any concerns at all, please do not hesitate to contact us at the following numbers:**

Clinic Contact Number:

Emergency Contact Number:

For concerns, please contact: #01234 567890# or youremail@gmail.com

We would like to thank NATA (nataonline.co.uk) for their help in verifying that all the consent forms are complete.