The Danebury Practice

ANTI - WRINKLE INJECTION AFTERCARE GUIDANCE

Immediately After Treatment (First 4 Hours)

- Remain upright for at least **4 hours** following treatment
- Avoid rubbing, massaging, or applying pressure to the treated areas
- Do not apply makeup for **at least 4 hours**
- Avoid lying flat or bending forward excessively

For the First 24 Hours

- Avoid strenuous exercise or activities that significantly increase your heart rate
- Do not consume alcohol
- Avoid excessive heat (saunas, steam rooms, hot yoga, sunbeds)
- Refrain from facial treatments or massages

What to Expect

- Mild redness, swelling, or small bumps at injection sites are normal and typically resolve within a few hours
- Minor bruising may occur and should settle over several days
- Results begin to develop within **3–5 days**, with full results visible at **10–14 days**

What to Avoid

- Avoid touching or manipulating the treated area
- Do not schedule facials, laser treatments, or skin therapies in the treated area for **at least 2 weeks**
- Avoid using electrical facial devices on the treated area during this time

When to Contact Us

Please contact the clinic immediately if you experience:

- Increasing pain, swelling, or redness
- Visual disturbances
- Drooping that concerns you
- Any symptoms that feel unusual or worrying

Review Appointment

If a review appointment has been scheduled, this will usually take place **2-3 weeks post-treatment** to assess your results and make any adjustments if required.

If you have any questions or concerns, please do not hesitate to reply to this email or contact our reception team at 01264 598771 / 07503 787744 or email info@thedaneburypractice.co.uk.

Thank you for choosing The Danebury Practice. We look forward to welcoming you again soon.