Abi Cole
AESTHETICS

WRINKLE REDUCTION (BOTOX)



AFTERCARE GUIDE

Following the right aftercare ensures the best results from your treatment and helps minimise the risk of side effects or complications.

Your safety and satisfaction are our priority. Follow these aftercare instructions and contact us if you have any concerns.

WHAT TO EXPECT

MILD SIDE EFFECTS

You may experience slight redness, swelling, bruising or tenderness at the injection sites. This is normal and usually subides within a few hours to a couple of days.

GRADUAL RESULTS

You may start to notice a difference in 2–5 days, with full results in 7–14 days.

NATURAL LOOK

Your results will look natural, refreshed and never be frozen.

NOT PERMANENT

Botox results typically last 3–4 months. Maintenance treatments are recommended to keep your results.

AFTERCARE INSTRUCTIONS

KEEP UPRIGHT

Stay upright for at least 4 hours after your treatment. Avoid lying down or bending forward.

AVOID ALCOHOL

Avoid alcohol for 24 hours as it can increase the risk of bruising.

AVOID TOUCHING THE AREA

Do not rub, massage or apply pressure to the treated areas for at least 24 hours.

SKINCARE & MAKEUP

Avoid applying makeup or skincare products to the treated area for at least 24 hours.

AVOID INTENSE EXERCISE

Refrain from strenuous exercise, heavy lifting and activities that increase your heart rate for 24 hours.

AVOID HEAT EXPOSURE

Avoid applying makeup or pommons, hot baths and excessive sun exposure for 24–48 hours.

WHAT NOT TO DO

- Do not lie down for 4 hours
- Do not bend forward
- Do not rub or massage the area
- Do not exercise strenuously
- Do not drink alcohol
- Do not expose yourself to heat
- Do not apply makeup for 24 hours

WHEN TO CONTACT US

Contact us if you experience:

- Severe pain or persistent headache
- Drooping eyelid or eyebrow
- Difficulty swallowing or speaking
- Unusual muscle weakness
- Any other unusual or concerning symptoms

Your safety is our priority.
We're here to support you every step of the way.

ADDITIONAL TIPS

- Be patient - results take time to develop
- Follow a consistent skincare routine and stay hydrated
- Avoid smoking as it can affect results and skin health
- Attend all recommended review appointments
- Maintain regular treatments to prolong your results

Healthy habits + professional treatments = long lasting, beautiful results.

WE'RE HERE TO HELP
If you have any questions or concerns about your aftercare, please contact us.

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This guide is intended as general client information and does not replace personalised advide from your qualified practitioner.