

Botox Aftercare



What to expect after treatment

Small red marks at the injection sites usually settle within a few hours. If bruising occurs, it typically resolves within 5–10 days. The full effect of treatment is usually seen at 10–14 days. Infections are rare; however, if you develop increasing redness, warmth, swelling, or pain, please seek medical advice as this may indicate infection.

What to do after treatment

- Stay well hydrated
 - You may gently cleanse your face the same evening; pat dry with a clean towel
 - Remain upright for at least 6 hours after treatment and avoid pressure on the face
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What to avoid after treatment

- Do not massage the treated areas for 48 hours
 - Avoid facials, waxing, or other facial treatments for 2 weeks
 - Avoid aspirin and ibuprofen for 24 hours (paracetamol may be taken if required)
 - Avoid alcohol for 24 hours
 - Avoid strenuous exercise for 24 hours
 - Avoid saunas, hot tubs, and tanning beds for 2 weeks
 - Use broad-spectrum SPF 30–50 daily on the face, neck, décolletage, and hands
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If you have any questions, concerns, or need aftercare support, please don't hesitate to get in touch: info@oxfordcosmeticclinic.com

When you feel ready to rebook, please click on the link below to arrange your next treatment: <https://www.fresha.com/en-GB/providers/oxford-cosmetic-clinic-v63dfioq>

Thank you again for trusting us with your care. We look forward to welcoming you back soon.

Dr Ben Soukup

Clinical Director

Oxford Cosmetic Clinic