



ANTI-WRINKLE / BOTOX

Pre-treatment instructions

PRE-TREATMENT INSTRUCTIONS

2 weeks before your appointment:

- Make sure you schedule your appointment at least 2 weeks prior to any special occasions such as a holiday or a wedding. Results from Botox injections take around 14 days to appear.
- Avoid anti-inflammatory/blood thinning medications, for a period of one week prior treatment.
- Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish oil supplements, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling.
 - **Disclaimer: If you are under the care of a doctor, please consult with them before stopping any medication.**

48 hours before your appointment:

- 2 days before your Botox procedure you should stop taking Retin-A.
- Do not take Retin-A- for the 2 days following your Botox injections.
- If you have a cold sore or an acne breakout on the target Botox area, reschedule your appointment. If you are prone to cold sores, let the clinic know. You may need anti-viral medication prior your visit.

24 hours before your appointment:

- Do NOT consume alcohol at least 24 hours prior to treatment (alcohol thins the blood and increases the risk of bruising & bleeding).

The day of your appointment:

- Avoid alcohol and caffeine/ energy drinks to minimize bruising and swelling.
- Eat well and stay hydrated before your appointment as this will decrease the chances of light headedness
- Please arrive without make up and be fully cleansed- so no powders, sunscreen, lotions or oils.
- Avoid blood thinning agents- as this can create additional bruising. (So no Aspirin ect.)
- Avoid exercise prior your appointment- as this will increase bruising due to blood flow.
- Avoid the use of vitamin E and products that contain ginko extracts.

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Post treatment instructions

POST-TREATMENT INSTRUCTIONS- AZZALURE/BOTOX/BOCOUTURE

Today you have undergone treatment in which tiny amounts of muscle relaxing protein has been injected into muscles to improve appearance. It will usually take anywhere from 3-10 days to start to see any muscle relaxing effect and 14 days until the full effect has been reached.

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 treatments. These effects are very common and are considered a normal part of the process.

After Care

- Remain upright for 2 hours.
- Do small extra contractions of the muscles treated every 20 min for the first hour.
- When cleaning, avoid pressure and use gentle strokes away from the eyes.
- Avoid tight caps and garments in the area that was injected.
- Avoid alcohol and caffeine/ energy drinks to minimize bruising and swelling for 24 hours.
- Avoid strenuous exercise for 24 hours post treatment.
- Don't take blood thinners for several days post treatment or speak with your GP.
- Avoid exposure to heat for at least 72 hours. (sunbeds, saunas, steam rooms ect)
- No facials, laser treatments & microdermabrasion for a min of 10 days post treatment.
- No touching the injection site & wash hands immediately post procedure to avoid infection.
- Avoid make-up for at least 6 hours, unless it is mineral based.

Relief Symptoms After Botox

Applying a cool compress on the injection site, can help reduce swelling.

Place the cool compress on the site for 15 minutes every hour.

If you have swelling, you can prop up your mattress or head with pillows to help bring the swelling down.



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What to expect

RISKS

- Possible headache and flu-like symptoms for the first 24 hours.
- Bruising, swelling and redness where the needles went into the skin.
- Numbness
- A loss of ability to move the muscles in your face.
- Temporary weakness and droopiness in your face - for example, your eyelids or eyebrows may droop if the botulinum toxin moves into these areas. (You will be given preventative aftercare to ensure this is kept at a minimum.)

Contact us

- If you develop a side effect such as dry eyes, droopy eyelids or heavy brow.
- Any other side effects that you think are important.
- If you feel stressed or worried in any way.

Routine Adjustments After Botox

Adjustments can be carried out 14 days after your procedure



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Contraindications

BOTOX IS NOT SUITABLE FOR EVERYONE

DO NOT HAVE ANTIWRINKLE TREATMENTS OR BOTOX IF YOU ARE:

- Pregnancy or nursing
- Hypertrophic or Keloid scarring
- Bleeding abnormality (e.g., anticoagulant use or thrombocytopenia)
- Active dermatosis in the treatment area (e.g., eczema or psoriasis)
- Active infection in the treatment area (e.g., herpes simplex or pustular acne)
- Impaired healing (e.g., due to immunosuppression)
- Skin atrophy (e.g. chronic oral steroid use, genetic syndromes such as Ehlers-Danlos Syndrome)
- Sensitivity or allergy to botulinum toxin or its constituents (e.g., lactose, sodium succinate, human albumin)
- Milk allergy with abobotulinumtoxin A products
- Neuromuscular disorders such as amyotrophic lateral sclerosis, Lambert-Eaton Syndrome, myasthenia gravis or myopathies.
- Gross motor weakness in the treatment area (e.g., Bell's palsy or stroke) A doctors note will be required
- Uncontrolled systemic condition
- Inability to actively contract muscles in the treatment area prior to treatment
- Medications that inhibit neuromuscular signalling and that may potentiate botulinum toxin effects (e.g., aminoglycosides, quinine, calcium channel blockers, penicillamine).
- Unrealistic expectations or body dysmorphic disorder.
- Periocular or ocular surgery in the last 6 months.
- Check and discuss any medications with your GP first & obtain a doctors note to proceed in order to minimise complications.

DISCLAIMER:

PLEASE INFORM YOUR PRACTITIONER IF YOU ARE ANY OF THE ABOVE.

BY PROCEEDING WITH TREATMENT-YOU AGREE THAT YOU DO NOT TICK POSITIVE TO ANY CONTRAINDICATIONS

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These terms are automatically in place

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All of your information is held securely and can only be accessed by the appropriate practitioners.

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Aesthetics Clinic Ltd is registered with the Office of the Information Commissioner for the purposes of data protection. Our use of your personal data is strictly managed in accordance with the General Data Protection Regulations (GDPR). This means that we will only collect and retain personal information directly relevant to your therapy or to allow us to carry out your instructions, and contact you (generally by phone or email) for appointment confirmations or follow-up. We will not share your data with any third-party organisations or businesses for the purposes of research, marketing or sales. By sending us information or discussing your requirements with us, you agree to the above.

We agree to treat any papers, documents & information as wholly private & confidential in line with General Data Protection Regulations. If your details are incorrect, please contact us, to request that we update your information.

Cancellation & Missed Appointments

We operate a non- refundable policy. Kindly note that we have a Non- refundable policy for bookings paid to the clinic. For this reason, before making a booking, we kindly ask you to make sure that you are able to come at your chosen date & time. If you need to re-arrange due to illness, you may do so up to 24 hours in advance via the booking app or you can email :

aestheticsclinenquiries@gmail.com and we will rebook for you to a later date

Treatment Results

Please note results may vary from person to person. There are never guarantees of success when undergoing any form of therapy and for this reason we do not offer any guarantees for any of our treatments. Please make sure you are happy with your Aesthetician qualifications & experience before commencement of services. Neither your practitioner or Aesthetics Clinic will be liable for any loss or damage that may arise from the use of services provided.

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1.2 use of or reliance on any content displayed on our Site.

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Different limitations and exclusions of liability will apply to liability arising as a result of the supply of any services to you, which will be set out in our terms and conditions of supply, that may be obtained by emailing Aesthetics Clinic on its email address. Use of the website is always at your own risk.

Confidentiality Policy Clause

Confidentiality will be broken if necessary for reasons of public interest in the area of public health. Public interest is the general welfare and rights of the public that should be recognized, protected and advanced. Disclosures in the public interest, based on the common law, are made where this is essential to prevent a serious and imminent threat to public health, national security, the life of the individual or a third party, or to prevent or detect serious crime.

Confidentiality Policy Clause in light of the Coronavirus situation :Public Interest Additional This may become relevant if I contract the virus as I will be obliged to inform the NHS of people I have been in contact with. In this case, I may need to share your name and contact details but not the context in which I know you. However, you may be contacted by the NHS.

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