Aesthetics
by Gwen



YOUR AFTERCARE GUIDE

Anti-wrinkle injections

REGISTERED NURSE • WOODFORD, ESSEX

A NOTE FROM GWEN

Looking after *your result.*

Thank you for coming to see me. Anti-wrinkle treatment works gradually, so you won't see a change today: the muscles relax over the next few days and your full result shows at around two weeks.

The first day matters most. Follow the steps in this guide, and get in touch if anything worries you. No question is too small.

Gwen REGISTERED NURSE



AT A GLANCE

RESULTS 2–14 days	LASTS 3–6 months
DOWNTIME Minimal	REVIEW Two weeks after treatment

STEP BY STEP

What to do, *and when.*

01

FIRST 4 HOURS

Let it settle

- Stay upright: no lying flat and no bending right over.
- Hands off. No touching, rubbing or massaging the treated areas.
- Leave makeup off.
- Skip tight hats, headbands or goggles that press on the area.

02

FIRST 24 HOURS

Take it easy

- No strenuous exercise.
- Avoid heat: hot baths and showers, saunas, steam rooms, sunbeds and sunbathing.
- Avoid alcohol.
- Cleanse with a light touch and pat dry.

03

FIRST 2 WEEKS

Watch it develop

- No facials, facial massage, peels, microneedling or laser on the treated areas.
- Movement softens from day two or three, sometimes a little unevenly at first.
- Come to your two-week review so we can check the result and fine-tune it if needed.

WHAT TO EXPECT

Completely *normal.*

You may notice some of these. They are expected, and they settle by themselves.

- Small raised bumps at the injection points, gone within an hour or so.
- Mild redness or pinprick marks.
- A small bruise that fades over a few days.
- A mild headache, or a tight, heavy feeling, for a day or two.

HELPING YOUR RESULT

- ✓ Paracetamol is fine if you need it and can normally take it. Avoid aspirin and ibuprofen for 24 hours unless they are prescribed for you.
- ✓ Wear SPF every day to protect your skin and your result.
- ✓ Most people rebook every three to six months, as movement returns.

PEACE OF MIND

When to *get in touch.*

Send me a message if you notice

- A drooping eyelid or brow, or an uneven smile or brows. Uncommon and temporary, but I want to know.
- A headache that lasts more than 48 hours.
- Bruising or swelling that is getting worse, not better.
- No change at all by the time of your two-week review.

EMERGENCY

DIAL

Call 999 or go to A&E

999

- Difficulty swallowing, speaking or breathing.
- Swelling of the face, lips, tongue or throat, a widespread rash, or wheezing.
- Sudden changes to your eyesight, or marked muscle weakness away from the treated area.

These are very rare, but they need emergency care. Say that you have had anti-wrinkle injections, and let Gwen know once you are being looked after.

YOUR TREATMENT RECORD

For you *to keep.*

TREATMENT Anti-wrinkle injections

DATE

AREAS TREATED

REVIEW APPOINTMENT

NEXT TREATMENT DUE

NOTES

Any question at all, *ask me.*

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This booklet is general guidance to support the advice given at your appointment. It does not replace individual medical advice: if Gwen has given you different instructions, follow those. In an emergency call 999.

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