

APPOINTMENT CARD

Treatment date	Time	Name of consultant	Next treatment due

TIPS FOR CARE AFTER BOTULINUM TOXIN TREATMENT

**For at least
4 hours after
treatment**

**Keep upright.
Do not bend
excessively**

**For 12
hours after
treatment**

**Avoid
extreme
expressions,
alcohol and
wearing
make-up**

**For 2
days after
treatment**

**Don't rub
or massage
treated area**

**Gently pat
skin dry with
a soft towel
after washing**

**For 2
weeks after
treatment**

**Avoid strong
sunlight and
saunas**

**Don't have
facials**