

## **Botox**

The following advice is to assist in reducing swelling, bruising, redness and bleeding. This will also optimise your aesthetic outcome.

### **Recommendations Following Treatment**

- √ Arnica cream or tablets can help to minimise bruising
- √ Aloe Vera cream can help hasten healing
- √ Mineral make-up is free of chemicals and can be safely applied
- √ Use the muscles that were injected eg. try to frown, squint or raise your eyebrows. You may feel a “mask-like” effect on the forehead for up to three days
- √ Clean your face with a cleansing solution and gently wipe with a cotton pad before applying moisturising cream

### **Avoid Following Treatment**

- × Laying down for the first few hours after treatment
- × Touching or massaging the treated area
- × Hot showers after treatment for a period of 24 hours
- × Hot drinks after treatment for a period of 8 hours
- × Vigorous exercise for a period of 24 hours

### **Contact Numbers for Dr Belt**

If you are experiencing prolonged redness, swelling or tenderness or other symptoms, please contact Dr Belt.

Dr Belt's Rooms: (07)3852 6800  
Dr Belt's Mobile: 0414 752 358