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WRINKLE RELAXING INJECTIONS (BOTOX) AFTERCARE

One of the most popular methods of wrinkle reduction involves injecting Botulinum Toxin into specific areas of the face in order to temporarily relax muscle movement. This consequently reduces the appearance of wrinkles and fine lines that are caused by these muscles. If you have had wrinkle relaxing injections with Dr Firas Al-Niaimi, then here are some points to help you with your recovery post treatment:

WHEN CAN I APPLY MAKE-UP ON OR DO FACIAL TREATMENTS?

You can apply make-up pretty much straight after injections provided that any minor puncture bleeding has been discontinued. Abstain from facials, microdermabrasion or chemical peels for 10 days post treatment.

HOW LONG BEFORE I CAN GO BACK TO WORK?

There is no downtime required following this treatment, you can simply resume your day-to-day routine and head straight back to work.

WHEN CAN I EXERCISE?

Dr. Firas Al-Niaimi generally recommends a 24 hour break from heavy physical exercise but walking, cycling and gentle exercise are fine. Do not lie down flat for 4 hours after treatment.

WHAT SIDE-EFFECTS CAN I EXPECT?

Most people may not experience any side-effects, however the following can occur in some case: headache (usually mild and temporary), bruising, mild swelling and redness (temporary), and in some rare cases flu-like symptoms. Drooping of the eyebrow or eyelid is possible but uncommon as Dr Firas Al-Niaimi would have assessed and discussed this risk with you.

WHEN WILL I REQUIRE MAINTENANCE TREATMENTS?

In general, wrinkle relaxing injections such as Botox are known to last around 3 to 4 months and so repeat treatments are required at regular intervals. It is recommended to repeat the treatment every 3 months and patients that do so have noted that the effects then begin to last longer over time. If in doubt, please ask Dr. Firas Al-Niaimi for advice.