

Do and Don'ts for BOTOX

by

Anita Hazari
Consultant Plastic Surgeon

- Ensure you are seeing a trained medical professional
- Find out how the procedure will be of use to you.
- Inform your trained professional of any allergies or medication you are taking as antibiotics (aminoglycosides: gentamicin, neomycin, polymyxins) and drugs (Calcium channel blockers, quinine, magnesium sulfate, quinidine, anticholinesterases) may interfere with the action of Botox.
- Botox should not be administered if you are pregnant or breast-feeding.
- Refrain from having Botox if you suffer from any Neuromuscular conditions such as Motor Neurone disease, myasthenia gravis, Easton-Lambert syndrome.
- After a Botox injection, remain upright for at least 4 hours and do not exercise as lying down or bending down may cause the Botox to spread to an undesirable neighbouring area causing droopiness or double vision.
- Exaggerate facial expressions in injected areas for 1 hour after injection to allow spread of the Botox within the targeted muscle.
- Don't take ibuprofen, aspirin, or vitamin E for 24 hours after injection.
- Do not massage or manipulate injection sites for 48 hours after injection
- Once you have the treatment, be aware that it may take a few days to 2 weeks to have effect. If the Botox does not have the effect you expected, do not have any corrective injections within 14 days. Any repeat treatments should be after 3 months when the effect has worn off or started to wear off.
- Some tenderness, bruising, temporary headaches can occur which resolve quickly.
- Serious and or immediate allergic reactions have been reported. These reactions include itchy rash, swelling, and shortness of breath. Get medical help right away if you are wheezing or have asthma symptoms, or if you become dizzy or faint.
- Once the area has been injected a few times, you may only require treatment once every 6 months.

Miss Anita Hazari MBBS, MD, FRCS (Plast)

Consultant Plastic & Reconstructive Surgeon

01342-330396 www.anitahazari.co.uk