



TOWN CRIER

High St, Pantiles, The Grove, Farmcombe Rd, Forest Rd, Hawkenbury July 2010

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Has she or hasn't she?

Botox these days is widely used and freely available from a variety of practitioners. However there are certain **Do's** and **Don'ts** that should be followed to ensure you get the most from your Botox experience. Anita Hazari, a Consultant Plastic Surgeon at the McIndoe Surgical Centre in East Grinstead, is an experienced practitioner in the use of Botox and offers the following important tips for your readers.

Do's

- Do ensure you are seeing a trained medical professional.
- Do find out how the procedure will be of use to you.
- Do inform your trained professional of any allergies or medication you are taking as some antibiotics and drugs may interfere with the action of Botox.
- Do refrain from having Botox if you suffer from any Neuromuscular conditions such as Motor Neurone disease, myasthenia gravis or Easton-Lambert syndrome.
- Do remain upright for at least 4 hours after a Botox injection.
- Do exaggerate facial expressions in injected areas for 1 hour after injection to allow spread of the Botox within the targeted muscle.
- Do be aware that some tenderness, bruising, temporary headaches can occur which will resolve quickly.
- Do report any serious and or immediate allergic reactions. 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.

Don'ts

- Don't use Botox if you are pregnant or breast-feeding.
- Don't take ibuprofen, aspirin, or vitamin E for 24 hours after injection.
- Don't massage or manipulate injection sites for 48 hours after injection
- Don't have any corrective injections within 14 days if the Botox does not have the effect you expected. Once you have the treatment, be aware that it may take a few days to 2 weeks to have the desired effect and any repeat treatments should be after 3 months when the effect has worn off or started to wear off.
- Don't exercise for at least 4 hours as lying down or bending down may cause the Botox to spread to an undesirable neighbouring area causing droopiness or double vision.

There are many benefits to be had from Botox and it can be a very rewarding and beneficial procedure to undergo, but as with any cosmetic procedure you need to ensure you understand exactly what you are undertaking. Anita's set of top **Do's** and **Don'ts** should make the whole process much more informed and positive for you and if you would like to discuss Botox or any other cosmetic procedure further with her please do not hesitate to contact our helpline on 0800 917 4922 or visit www.mcindoesurgical.co.uk

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