# RENEW Aesthetics & Wellbeing

## Botulinum Toxin (Anti-wrinkle) – Aftercare & Risks

Please keep this for your records. Contact us if you have any concerns.

### What to expect

* Mild redness, small bumps, or tenderness at injection sites for up to 24–48 hours.
* Occasional headache or a tight feeling in treated muscles for a few days.
* Results develop gradually; allow 3–14 days to see the full effect.

### Do

* Keep upright for an hour after treatment.
* Gently move the treated muscles a few times in the first hour (optional).
* Use paracetamol for discomfort if needed.
* Resume normal skincare that evening; be gentle over injection sites.

### Avoid (for 24 hours)

* Rubbing/massaging the treated areas.
* Strenuous exercise, saunas/steam rooms, hot yoga.
* Alcohol (may increase bruising).
* Facials or treatments that apply pressure to the face for 48 hours.

### When to contact us urgently

* Signs of allergy: widespread rash, wheeze, lip/tongue swelling (call 999 if severe).
* Severe headache with neck stiffness, double vision, or trouble speaking/swallowing.
* Drooping eyelid affecting vision that is worsening.

### Risks & how common they are (cosmetic facial use)

* Headache: ~9% (forehead lines clinical studies).
* Eyelid ptosis after glabellar treatment: ~3%; brow ptosis with forehead treatment: ~2%.
* Bruising/redness: common and settle in days.
* Dry eye or eye irritation: uncommon; more likely in those with existing dry eye.
* Very rare spread of effect causing swallowing or breathing difficulty (seek urgent care).

Percentages are from BOTOX® Cosmetic prescribing information clinical trial data for approved facial indications.

### References (selected)

* BOTOX Cosmetic (onabotulinumtoxinA) Prescribing Information, AbbVie, revised 10/2024.
* Alotaibi GF et al. Eyelid ptosis following botulinum toxin injection. Cureus. 2022.