



Doctor: Dr Katina Koukourou BMBS, FRACGP

Please follow these instructions carefully after each Botox / Dysport treatment.

As you leave the clinic, you may notice some slight swelling but this should calm down over the next few hours.

For the next 4 hours do not lie down flat or place your head against a pillow. Do not bend over. You need to keep your head and neck upright.

Refrain from vigorous exercise for the rest of the day (walking is fine).

Utilise the muscles injected every 5 minutes for 60-90 minutes to enhance Botox absorption and action. Do this by squinting, frowning and/or lifting the eyebrows (depending on the area treated).

Do not massage or manipulate the treated area on the day or evening of treatment. You may cleanse your face normally.

If you experience a headache, you may take Panadol immediately after the procedure. Do not take Aspirin for at least 24 hours after treatment to minimise the chance of bruising.

You may notice some slight bruising for a couple of days. This is common and will gradually disappear. You may cover the area with makeup if you like.

Results are not immediately apparent. You may notice some changes in 3-5 days and complete effects are not realised for up to 2 weeks.

When you return for your review appointment the progress of the initial treatment will be evaluated. Some people may need an additional touch up treatment as their muscles are stronger than usual and the standard dose initially injected is insufficient. Touch up Botox treatments will be charged. (price subject to change without notification) per additional unit.

For after hours' assistance Dr Katina Koukourou can be contacted on 0419 881 922.