



**Botulinum toxin.** Get more information at:  
[www.anue.co.nz/botox](http://www.anue.co.nz/botox)

## Botulinum toxin is used to temporarily relax muscles to minimise static and dynamic wrinkles.

You may know botulinum toxin by its brand names: Dysport or Botox.

Botulinum toxin can take up to 14 days to work and lasts up to 3–4 months. Repeated treatments are recommended to maintain the desired results.

To ensure optimal results and minimise potential complications, please follow these post-treatment instructions.

### Activities

- Avoid manipulating, massaging, or applying any pressure to the treated area for at least four hours post-treatment.
- You may resume regular activities and exercise but avoid extreme heat exposure (e.g., sauna, hot yoga) for the next 24 hours.

### Skincare and Makeup

- To minimise the risk of infection, avoid using makeup on the treatment area for at least four hours.

You can wash your face and apply your usual skin care products after four hours.

If you have any concerns regarding your treatment, please contact your care team.



## Potential Side Effects

- It is normal to experience mild redness, bruising, and tenderness at the injection site. If the forehead and frown have been treated, you may also experience a mild headache.
- These symptoms generally diminish within a few hours to days after treatment.

## Adverse Reactions

If you experience any unexpected **location specific** side effects, please contact us immediately. These include:

- Eyelid and/or eyebrow droop.
- Double vision or dry eyes.
- Uneven or altered smile.
- Neck weakness or difficulty swallowing.

## Expected results

- The full effects of the treatment may take 3-14 days to become visible.
- Once the treated muscles have fully relaxed, you will start to observe the full benefits of the treatment.

## Follow-up appointments

- If it is your first-time having botulinum toxin, we recommend a two-week follow-up appointment to review your individual results. We do not charge for this review appointment.
- We recommend four-monthly botulinum toxin treatments, to maintain your results.

## We're dedicated to caring for you

We want you to be delighted with the results of your treatment at Anue. Following this guide can help ensure a successful recovery and maximize the benefits of your treatment.

If you have any questions or concerns at any point throughout your treatment, please do not hesitate to contact us.

### Follow-up appointment(s):

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### Notes

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