



MUSCLE
SLIMMING
INJECTIONS

Aftercare guide

COSMETIC
— CONNECTION —

AFTERCARE

Thank you for visiting Cosmetic Connection, one of Australia's leading cosmetic medicine clinics. This guide contains the aftercare instructions you must follow after having muscle slimming injections.

We use muscle slimming injections to reduce bulky muscles on your face, neck and body. We can also use them to alleviate muscle tension, teeth grinding and jaw clenching.

Proper aftercare is important to reduce the chance of side effects, and to get the best, longest-lasting results.



REAL
PEOPLE.
REAL
RESULTS.

AFTERCARE

What you can expect

Immediately after your treatment:

- Slight redness at the treated sites, which resolve in 5-10 minutes.
- Bruising is uncommon, but is more likely to occur in delicate areas.

Within days:

- Slight aching at the treatment areas are uncommon, and can be managed with over-the-counter pain relief (where safe).
- Slight intermittent muscle twitching is rare, and will resolve on its own.





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When you'll see a result

Muscle slimming injections don't work straight away. Allow them time to take full effect.

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You can expect your muscle slimming injections to start working as soon as 3 days after your treatment. However, it will take up to 14 days to alleviate tension, clenching and grinding, and 6-8 weeks for slimming.

In this time, your result will gradually emerge. It's important to allow enough time before assessing the result.

Your result will gradually wear off over an average of 6-9 months. The longevity depends on the area treated, the amount of product used, and how consistently you've had treatment.

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What you need to do

Carefully following the aftercare is vital to ensure you get the best result, with the lowest chance of side effects.

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For redness, swelling, tenderness and bruising:

- Take paracetamol (where safe) for any discomfort.
- Gently apply a wrapped cold pack to the treated areas intermittently.

For muscle aches take over-the-counter pain relief (where safe) as required.

To reduce the chance of infection keep your skin clean for 24 hours.

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What you need to avoid

The most important part of your muscle slimming aftercare is knowing what not to do.

To reduce swelling, redness, tenderness and bruising, do not:

- Participate in strenuous exercise for 24 hours.
- Consume alcohol for 24 hours.
- Take anti-inflammatories or supplements (unless taking for medical reasons) for 24 hours.

To prevent infection do not apply makeup for 24 hours when you've had your jawline muscles treated.

To avoid skin irritation after jawline slimming injections, do not restart your active skincare or have skin treatments for 24 hours.

To stop the product spreading, avoid:

- Touching, massaging, or rubbing the injected areas for 6 hours.
- Facial treatments and massages for 6 hours, where applicable.

AFTERCARE

When to get in touch with us

You're journey with us doesn't end when you leave the clinic. Get in touch with us if you have any questions about your treatment.

If you develop any of the following, please contact us for advice:

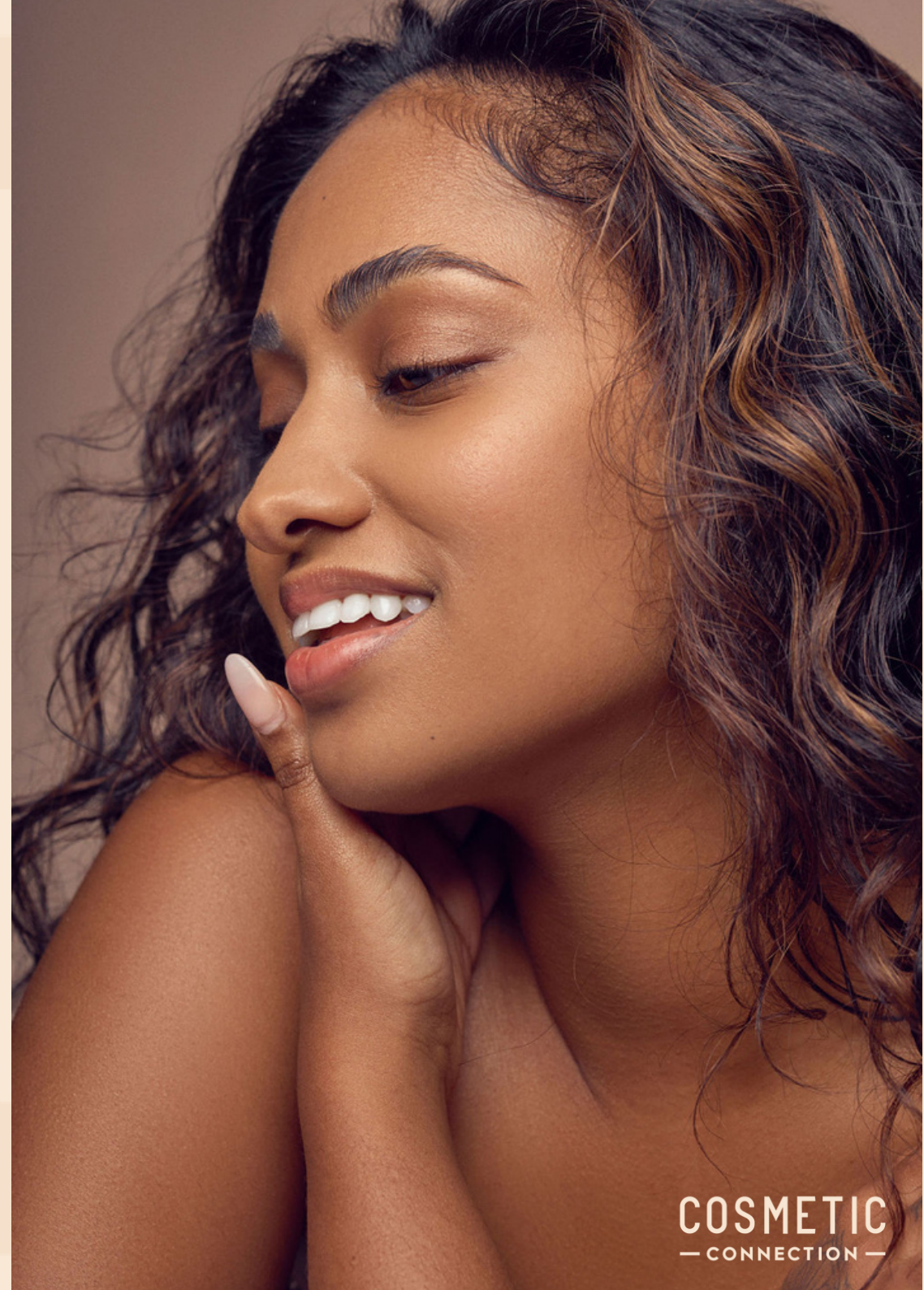
- A rash in the treated areas.
- Worsening swelling, redness or pain.

If you have any concerns about your result, please get in touch to arrange a complimentary follow-up appointment.

If you have any of the following, please call an ambulance immediately, and ask the attending doctor to contact us:

- Facial or airway swelling.
- Difficulties breathing, swallowing or speaking.

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The next steps to take

To get better results follow your treatment plan, and apply our muscle slimming optimisation principles.

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BUILD THEN MAINTAIN

You might need more than 1 session to adequately slim your muscles. We advise 1-2 sessions in the first 6-8 weeks. If needed, book your second session early to secure your preferred day and time.

BE CONSISTENT

Once you've built up to your result, schedule muscle slimming injections with us every 6-9 months for better, longer-lasting results. Book your appointment in advance to get your preference of day and time.

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AFTERCARE

Treatments to complement

Get more out of your muscle slimming injections by complementing them with these popular treatments.

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FACIAL SLIMMING

Achieve a slimmer, tapered facial aesthetic using cosmetic injectables. [Learn more.](#)

NON-SURGICAL RHINOPLASTY

Instantly reshape your nose without surgery with this quick and effective treatment. [Learn more.](#)

EYE REJUVENATION

Rejuvenate your eyes and look naturally rested and refreshed with our non-surgical treatments. [Learn more.](#)

LIP ENHANCEMENT

Get fuller, more defined and hydrated lips that look natural and balanced. [Learn more.](#)

JAWLINE SCULPTING

Reshape and contour your jawline for a more defined look. [Learn more.](#)

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Our priority is you

Everyone deserves a positive experience and a great result. By nature, cosmetic treatments always carry a small degree of variability, and individual results may vary.

If you have any concerns regards your results or your experience, please get in touch with us and one of our friendly team members will assist you.

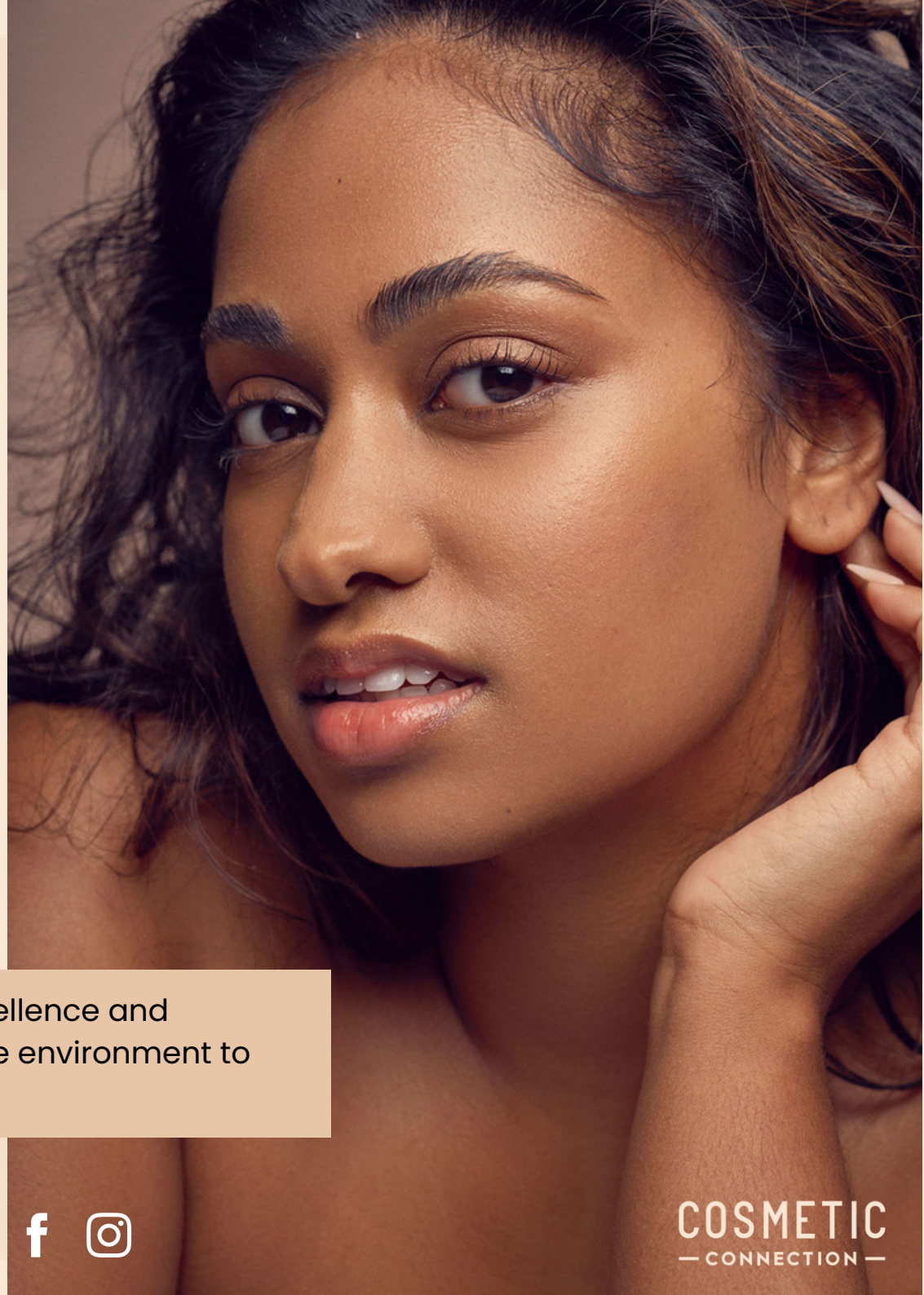


At Cosmetic Connection, we stand for honesty, excellence and inclusivity. We provide bespoke treatments in a safe environment to help everyday people look and feel their best.

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Ready for
your next
appointment?

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[Make a booking](#)

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