
AFTER YOUR TREATMENT

COSMETIC
— CONNECTION —

Aftercare instructions

GENERAL INFORMATION

After your treatment, it is normal to experience mild redness, swelling, and tenderness. Bruising may also occur, especially in sensitive areas like the lips.

Swelling may be uneven, and feel firm. It is usually worse the morning after your treatment.

These effects gradually resolve over a few days.

You can help the healing process by gently applying a wrapped cold pack to the treated area for 20 minutes per hour. This is effective for the first 3 days.

Avoid strenuous exercise, alcohol, hot environments, smoking, and makeup for 24 hours.

URGENT CONCERNS

If you notice any of the following, please seek immediate medical attention:

- Swelling of the face and airway, difficulty breathing, speaking, or swallowing, abdominal pain, nausea, vomiting, or generalised rashes.
- Vision impairment/loss

Please [contact us](#) immediately if you notice any of the following:

- Worsening pain, redness, and swelling.
- Skin discolouration (pale, dark red, blotchy, mottled) or rashes (clusters of pimples, blisters, or pustules)

BOTOX

It is normal to experience small lumps at the injection sites for 15–30 minutes.

You must avoid touching the treated area for 6 hours to prevent the botox from spreading.

Headaches may occur with face treatments, and you can take over-the-counter pain relief (where safe) if needed.

RESULTS

Botox starts working in 3 days, with the full effect in 2 weeks.

Effects gradually fade over 3–6 months, and for best results, you can repeat the treatment up to 4 times per year.

COMPLEMENTARY TREATMENTS

Depending on your needs, combining botox with active skincare, [collagen-based treatments](#), and [dermal fillers](#) may help achieve, better, longer-lasting results.

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DERMAL FILLER & COLLAGEN

After your treatment, avoid applying pressure to the areas for 5 days (unless advised by your clinician to massage).

You must avoid invasive dental work for 14 days, short haul flights for 24 hours, and long flights for 1 week.

Those prone to cold sores in the treated area may need to take preventative medication to avoid a flare.

RESULTS

Results are visible immediately (excluding collagen treatments which build over time), and may appear over-corrected initially due to swelling.

You should allow 14 days for the treatment to fully settle, and maintain your results every 12-18 months.

COMPLEMENTARY TREATMENTS

Depending on your needs, treatments to improve skin quality and soften lines are often a great way to optimise and prolong your dermal filler and collagen results.

FAT DISSOLVING

After your treatment expect moderate to severe swelling that is worse the following morning and settles over 3-5 days.

The treatment area may be firm and numb, and you should avoid applying pressure for 5 days.

RESULTS

While the full effect is seen 4-8 weeks after treatment, multiple treatments are often required.

The treated cells never return (although remaining fat cells can grow and shrink with weight changes).

Optimise your results with a healthy diet and regular exercise.

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