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AVICENNA
aesthetics & wellbeing

Anti-Wrinkle Injections Pre- and Post-Treatment Advice

These are powerful anti-ageing treatments that smooth out fine lines and wrinkles and help to preserve your youthful outlook. When administered by a qualified practitioner, these injections work by relaxing facial muscles to reverse fine lines and wrinkles and to prevent the development of new ones. Results will depend upon several factors including general health and age of the patient. Areas that can be treated with these injections are: crows feet, dimpled chin, frown lines, firming facial muscles and jawline, teeth grinding, and excessive sweating, etc.

Results start to become visible within two to three days and typically last between three to five months, depending on age and general wellbeing. Anti-wrinkle injections are generally considered to be safe provided they are administered by a qualified practitioner using medically approved products. Allergic reactions and infections are rare as long as the pre- and post-treatment care is observed strictly. Side effects such as redness, swelling, red puncture marks, tenderness of the facial area are generally temporary and resolve within a few days after the treatment. For more information, speak to your practitioner.

Pre-Treatment Advice

The following must be taken into consideration before a dermal filler procedure:

1. You must be in good general health.
2. You should not have anti-wrinkle treatments if:
 - a. you are unwell
 - b. you have recently had bacterial infection or antibiotic treatment
 - c. you have active acne or skin inflammation
 - d. you have recently had cold sores or prone to having cold sores
 - e. you are pregnant or lactating
3. Have you previously had an anti-wrinkle injection in the same area? Yes/No
4. On the area where the anti-wrinkle injection treatment is intended, you must
 - a. avoid all invasive dental work and invasive and non-invasive skincare treatments **one** weeks before and **two** weeks after the treatment.
5. Are you currently on any medication or taking dietary supplements (please let your practitioner know as some medications can react to anti-wrinkle injections and can increase the risk of bruising).
6. On the day of the procedure: do not wear with make-up. To avoid risk of infection, do not apply make-up at least 24 hours after the procedure.
7. Two days before procedure: avoid taking alcoholic beverages, and applying topical products such as Tretinoin (Retin A), Retinol, Rhetinoids, Glycolic acid, any other 'anti-aging' products.
8. Seven days before procedure: avoid taking blood thinning medications such as those containing aspirin or ibuprofen as such medications can increase the risk of bruising. Speak

to your GP before considering the treatment if you are on a prescribed blood thinner such as Clopidogrel.

9. Additionally, avoid taking vitamin supplements including Vitamins A & E, fish oils, garlic, St. John's Wort, Ginkgo Bilboa, Primrose Oil, and other oils high in Omega-3 fatty acids. at least seven days before your treatment. Such vitamins and supplements can increase the risk of bruising.

Post-Treatment Advice

Immediately after your treatment, you may notice some swelling or bruising, red needle puncture marks, some tenderness, and itching in and around the treated area. Most of these conditions should progressively subside over three to five days after the treatment.

You should start to see results within the next three to five days. The final results become visible in and around four weeks after the treatment.

After the treatment, avoid:

- a. Rubbing or massaging the treated area.
- b. All make-up for 24 hours.
- c. Retinols, AHA. Vitamin C therapy, etc for 48 - 72 hours.
- d. Strenuous exercise and alcohol for 24 hours. Exercise can cause the toxin to spread to muscles where it should not.
- e. Sleeping on the side as that can put pressure on the treated and increase discomfort. Try sleeping on your back for 24 hours
- f. Extensive sun or heat (hot showers, sauna/steam room/sunbeds) for at least one week.
- g. Massage, facial waxing, AHA peels, Microdermabrasion, laser, IPL etc. for at least two weeks.

Any questions, please call Avicenna Aesthetics & Wellbeing on 020 7935 3057