

NURA

TREATMENT
AFTERCARE
INSTRUCTIONS

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AFTER WRINKLE REDUCTION TREATMENT

Stay upright: For the first 4 hours after the injections to prevent the migration of the botulinum toxin to unintended areas.

Avoid touching the treated area: avoid touching or rubbing the injected area for at least 4 hours after the procedure. To prevent the spread of bacteria and the migration of the botulinum toxin to unintended areas.

Avoid strenuous activities: Refrain from engaging in strenuous exercise, heavy lifting, or activities that cause excessive sweating for the first 24 hours. Sweating can potentially spread the botulinum toxin to adjacent muscles.

Avoid facial treatments: Steer clear of facials, eyebrow waxing/threading or any other facial treatments for at least 1 week after injections. Additionally no massage treatments due to the pressure applied to the face while laying down in the massage treatment bed.

These treatments may increase the risk of complications or interfere with the results.

Refrain from alcohol: Avoid alcohol for at least 4 hours after the procedure. Alcohol consumption can increase the risk of spread of the botulinum toxin.

Be patient: The full effects of botulinum toxin can take several days to appear. It's essential to be patient and wait for the results to take effect which can take 2 weeks.

Follow-up appointment: If you have any areas of concern post treatment please attend a follow up treatment review appointment no sooner than 2 weeks post treatment and no later than 3 weeks post treatment.