

01 / BOTULINUM TOXIN

Botulinum toxin is a prescription-only medical treatment that temporarily reduces neuromuscular activity by inhibiting acetylcholine release at the neuromuscular junction. In aesthetic medicine, the objective is controlled modulation of selected muscles while preserving balanced and natural facial expression.

- Inform the physician about previous botulinum toxin treatments, neuromuscular disease, swallowing or breathing disorders, pregnancy or breastfeeding, allergies, previous adverse reactions and all medicines and supplements.
- Do not stop prescribed medication without medical advice. Discuss anticoagulants or antiplatelet agents before treatment rather than discontinuing them yourself.
- Arrive with clean skin. Avoid unnecessary alcohol before treatment if possible.
- Remain upright for approximately 4 hours after treatment. Do not massage, rub or repeatedly press injection sites.
- For 24 hours avoid strenuous exercise, sauna, steam rooms and significant heat exposure. Normal facial expression and routine activities are allowed.
- Redness, tenderness, small swelling or bruising can occur. The effect develops gradually and is normally assessed after about 10–14 days.
- Seek urgent assessment for significant swallowing or breathing difficulty, marked generalized weakness, severe allergic symptoms or other acute concerns.

DISCLAIMER: These protocols are provided for general information only. Every treatment and aftercare recommendation is individual. Always follow the specific instructions given personally by your treating doctor. This information is not a substitute for an individual medical consultation or medical advice.