



JOLIE ESTHÉTIQUE

## Before your appointment...

We request that if you are unable to attend your appointment you give as much notice as possible.

### To minimise your risk of bruising/swelling:

- The week before appointment, avoid taking aspirin or other anticoagulant medication, or NSAIDs.
- If you are on any anticoagulants are part of your regular medications from your GP or specialist hospital doctor then please inform us in advance.
- 72 hours before appointment. Taking arnica tablets can help reduce your risk of bruising.
- 48 hours before appointment: Please fill out your Covid declaration and consent form, and medical history form (if you are a new client), which will have been emailed to you.
- 24 hours before appointment: Eating fresh pineapple will help minimise your risk of bruising.
- Avoid alcohol.
- On the morning of appointment: You can take anti-histimine medication before treatment to reduce swelling.
- Please don't wear any makeup.
- Please come alone to your appointment.
- Children under the age of 18 are not permitted in the clinic.

## After your treatment...

- For Botox clients please do not rub the areas injected or lie down for 4 hours. This will prevent the Botox from tracking into the orbit of your eye and causing drooping eyelid.
- Do not receive facials, laser treatments or microdermabrasion after Botox injections for at least 14 days.
- Botox takes between 3-14 days to see results. At 14 days it will have fully taken effect.

### For both Botox and filler treatments:

- No strenuous exercise for 24 hours
- No sun beds, saunas, steam rooms or excessive heat for 72 hours
- No alcohol for 24 hours
- No makeup for 6 hours
- Take arnica tablets to help with bruising
- Sleeping with a few pillows to keep your head elevated can help with swelling
- Swelling can take up to 2 weeks to completely settle
- Avoid significant movement or massage of the treated area unless instructed by your practitioner.

Should you have any queries please do not hesitate to get in touch

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Dr Samantha Jolliffe MBChB

