



CULTSKIN®

**PRE AND
POSTCARE
BOTOX®**

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CULT**

Pre-treatment Advice

To help ensure the safest treatment and achieve the best possible results, please follow the advice below.

- If you are feeling unwell, have a cold, flu, fever, active skin infection, or have recently completed a course of antibiotics, please contact the CULTSKIN® Patient Care Team before attending your appointment.
 - Treatment cannot be performed if you are pregnant or breastfeeding.
 - Please inform your practitioner if you have any neurological or muscular disorders (such as Myasthenia Gravis or Lambert-Eaton Syndrome), difficulty swallowing, or previous reactions to botulinum toxin.
- Please disclose all current medications, allergies, previous aesthetic treatments and any previous reactions to injectable treatments.
- Inform your Doctor if you have recently received vaccinations, are planning surgery, or have had recent cosmetic procedures including dermal fillers, skin boosters, polynucleotides, microneedling, chemical peels, laser or IPL treatments.
- Up to one week before treatment, where medically appropriate, avoid non-prescribed blood-thinning medications such as Ibuprofen or Aspirin and herbal supplements including Omega-3 (fish oil), Vitamin E, St John's Wort, garlic and Ginkgo biloba, as these may increase bruising.

Never stop prescribed medication without consulting your GP or prescribing clinician.

 - Avoid alcohol for at least 24 hours before treatment, as it may increase the likelihood of bruising.
 - Drink plenty of water and arrive well hydrated.
- Eat a light meal or snack before your appointment to reduce the risk of feeling light-headed.
 - Avoid excessive sun exposure or sunburn for at least 48 hours before treatment.
- Wherever possible, attend your appointment with little or no make-up on the treatment area.

Medical History

Please inform your Doctor if you have:

- Any medical conditions.
- Previous cosmetic or aesthetic procedures.
 - Current medications.
 - Allergies.
 - Bleeding disorders.
- Autoimmune or neurological conditions.
- Previous reactions to Botulinum Toxin.

Pain Relief

For 24 hours before treatment, avoid non-prescribed anti-inflammatory painkillers such as Ibuprofen or Aspirin where medically appropriate.

Paracetamol may be taken if required.

Travel

There are no restrictions on flying following treatment. However, where possible, we recommend remaining within the UK for at least 72 hours after your appointment should a review be required.

Post-treatment Advice

Following treatment, it is normal to experience:

- Mild redness at the injection sites.
- Small raised bumps similar to mosquito bites.
 - Mild swelling.
 - Tenderness.
 - Minor bruising.

These effects usually settle within 30 minutes to a few hours, although bruising may last several days.

During the First 4 Hours

- Remain upright for at least 4 hours after treatment.
- Avoid lying flat or bending forward excessively.
- Avoid rubbing, massaging or applying pressure to the treated areas.
- Do not wear tight hats, headbands or helmets that place pressure on treated areas.

During the First 24 Hours

- Avoid strenuous exercise and activities that cause excessive sweating.
 - Avoid alcohol.
- Avoid excessive heat, including saunas, steam rooms, hot tubs and hot yoga.
 - Avoid facial massage or pressure to the treated areas.
 - Avoid facials, dermaplaning or other facial treatments.
- Avoid wearing tight-fitting headwear if the forehead has been treated.
 - Avoid applying make-up for at least 4-6 hours if possible.
- Wash your face gently using lukewarm water and a mild cleanser.

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Skincare

- Avoid active skincare products (Retinol, Retinoids, Glycolic Acid, Salicylic Acid, AHAs, BHAs and exfoliating scrubs) for 24 hours if the skin is tender.
- Apply SPF 30-50 daily and protect your skin from excessive sun exposure.

Further Cosmetic Treatments

Avoid facials, facial massage, chemical peels, microneedling, laser, IPL, radiofrequency and other skin treatments on the treated area for approximately 2 weeks, or until advised otherwise by your Doctor.

If you are planning dermal filler treatment, your practitioner will advise on the most appropriate timing.

When Will I See Results?

- Initial effects may begin within 2-5 days.
- Full results are usually seen at 10-14 days.
- Results typically last around 3-4 months, although this varies between individuals.

Review Appointment

A review appointment is usually recommended 2/3 weeks after treatment to assess your results and determine whether any adjustments are required.

If you have any questions or concerns following your treatment, please contact the CULTSKIN® Patient Care Team. We are always happy to help.

When Should I Contact CULTSKIN® Immediately?

Please contact the clinic promptly if you experience:

- Increasing pain or swelling.
- Significant bruising that concerns you.
- Eyelid drooping or changes in vision.
- Difficulty swallowing, speaking or breathing.
- Widespread muscle weakness.
- Signs of infection, including increasing redness, warmth, pus or fever.
- Any unexpected or concerning symptoms following treatment.

If you experience difficulty breathing, difficulty swallowing or symptoms of a severe allergic reaction, seek emergency medical attention immediately.

Although complications are uncommon, prompt assessment is essential if any of the above occur.

Should you feel concerned by what seems like an adverse reaction, want reminding on your specified aftercare instructions, or in the case of an emergency, feel free to call us on our main line number, **0203 970 4693**, within opening hours. However, we also have a dedicated emergency line, open 24 hours a day, to which you can call on **07311799185**

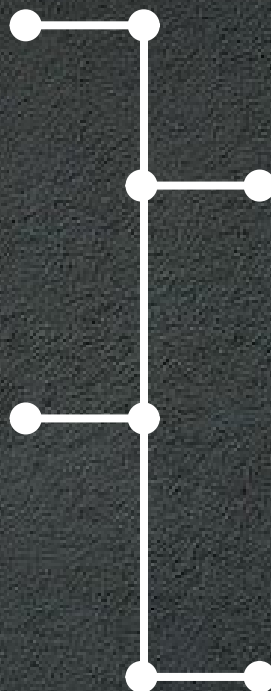


CULTSKIN® LAB

At CULTSKIN®, we believe in taking a holistic approach to skincare, where every step of your journey is carefully planned to achieve lasting results. The CULTSKIN® Lab is the UK's first of its kind, offering an exclusive 12-month subscription that provides you with one advanced skin treatment every month, ensuring consistent care and improvement throughout the year.

During your initial CULTSKIN® Lab consultation, your skin will be digitally scanned using the ph formal scanner, which identifies any areas that may need special attention.

At each treatment, we'll assess your skin and adjust your plan to address any new concerns that may arise.



Based on this analysis, our experts will create a personalized treatment plan tailored to enhance the overall quality of your skin in the most effective way.

As a CULTSKIN® Lab member, you'll also receive a complimentary skin scan every three months, allowing us to track your progress and fine-tune your treatment plan for optimal results.



This personalized, ongoing care is a core part of your skincare journey, ensuring you achieve the healthiest, most radiant skin possible.

PRICING

See below your custom quotation for treatment from our 5 star team.

FLEXIBLE PAYMENT OPTIONS AT CULTSKIN®

At CULTSKIN®, we believe that achieving your goals should be accessible and stress-free. That's why we offer a range of flexible payment options to suit your needs.

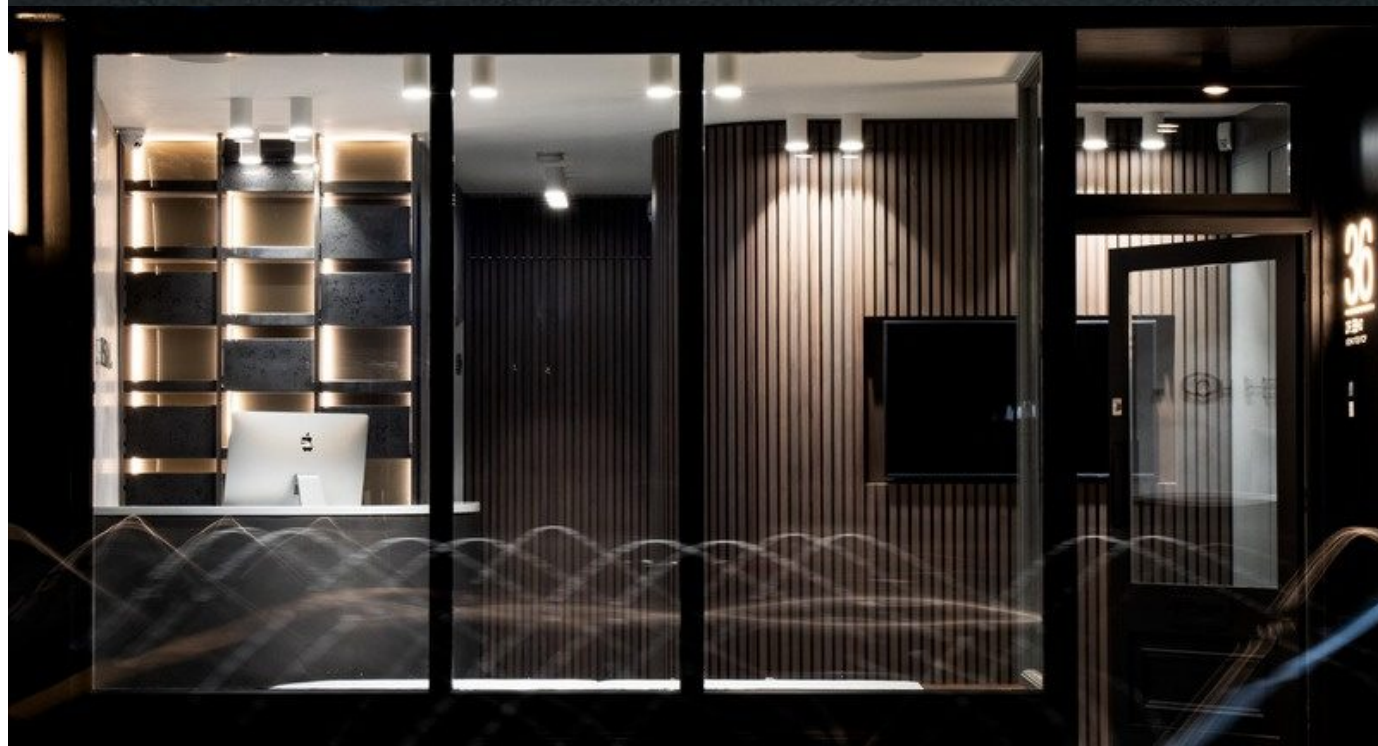
- **Klarna:** Split your payments into manageable, interest-free installments with Klarna. Enjoy your treatments now and pay later at your convenience.
- **Plim Finance:** Spread the cost over a longer period with Plim Finance, designed to offer affordable monthly payments without compromising on quality.
- **GoCardless:** Set up hassle-free, recurring payments for subscriptions and memberships with GoCardless, ensuring your skin journey is seamless and uninterrupted.

We also have a range of subscription models to make premium treatments accessible to all budgets. Speak to our team today to find the best option for you and for more information see [here](#).

CULTSKIN® LAB

The CULTSKIN® lab is annual subscription which is composed of 12 affordable monthly payments which work out 50 % less than the ad hoc treatment prices with a host of other benefits. For more information see [here](#).

For those seeking a more flexible approach, the CULTSKIN® LITE Lab offers a rolling subscription with an initial deposit and monthly payments, providing express treatments and exclusive benefits. Rest assured, all payments are processed securely, and we ensure a seamless experience for our clients every step of the way.



If you would like to go ahead with any of the previous treatments, then you can book your appointment today one of three ways:



ONLINE
click here



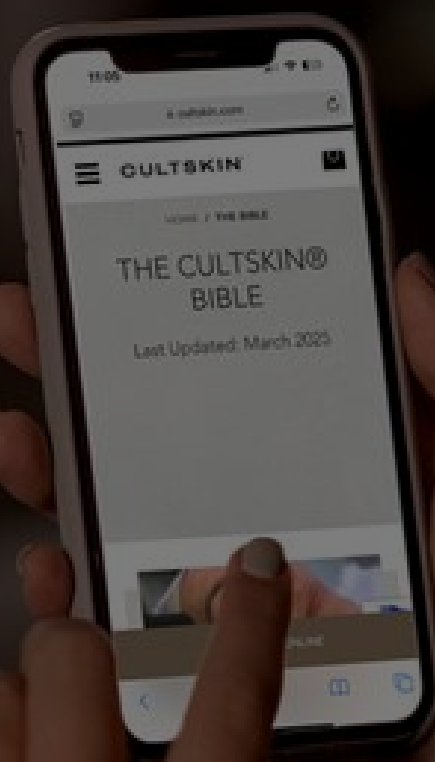
BY PHONE
02039704693



BY EMAIL
bookings@cultskin.com

VIEW OUR FULL LIVE TREATMENT BIBLE

CLICK HERE



A smiling man with a beard, wearing a dark t-shirt, stands in a modern interior with a textured wall and a dark vertical element on the left. His hands are clasped in front of him.

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