



Lumina

Lumina Facial Aesthetics

Dr Conrad Costa BChD, MSc

conrad.costa1@nhs.net

07704 600463

3 Hercules Road

Norwich NR6 5HQ

01603 869600

Botulinum Toxin Post-Operative Advice

- Avoid lying down for one hour
- No constrictive head wear, (tight hats, hairbands etc.)
- No working out that day
- Do not massage the area after being injected
- No facials for one week
- No leaning on the area
- Avoid aspirin and any medications which may increase risk of bruising
- Gently remove make up that evening
- Sterile make-up may be applied the following day
- Moving the muscles is fine – no evidence to suggest any excessive movement makes any difference to outcome