



MR SIMON HORGAN
Consultant Ophthalmic Surgeon

Correspondence Address:
Eye Health Care
Carlton House
19 West Street
Epsom
Surrey
KT18 7RL

Appointments & Enquiries:

T: 020 7060 9911

www.eyehealthcare.co.uk

Practice Manager:

Mrs Lorraine Williams

T: 020 7060 9911

E: lorraine@eyehealthcare.co.uk

Practice Nurse:

Mrs Anne Rumbelow RGN

T: 07900 99 33 59

TOXINS AFTERCARE INSTRUCTIONS

1. Any bumps or marks caused by the injections should disappear within a few hours of treatment.
2. Try to exercise your treated muscles a little for the first few hours after treatment (eg, practise frowning, raising eyebrows and squinting); this will help **botulinum toxins** work into your muscles. However, do not make very extreme facial expressions.
3. Do not rub or massage treated areas for 48 hours after treatment. After washing treated areas, pat dry very gently with a soft towel.
4. Do not exercise, bend excessively or lie down for at least four hours after treatment.
5. Avoid wearing make up for 12 hours after treatment. For a further two weeks, avoid beauty treatment on your face (ie, facials, face massage).
6. Try to avoid exposure to strong sunlight, very cold temperatures and saunas for two weeks after treatment.
7. **Botulinum toxins** normally take an average of two to three days to start working, although the full effects may take up to two weeks. The speed of action depends on the strength of the muscles injected and your individual response.
8. Remember that treatment is not permanent. To maintain the effects of botulinum toxins, treatment should be repeated approximately 2 to 3 times a year. We will recommend when we think you need to return for re-treatment.

Practising out of:

The New Malden Diagnostic Centre, 171 Clarence Avenue, New Malden, Surrey KT3 3TX

The London Eye Diagnostic Centre, 25 Harley Street, London W1G 9QN

Nuffield Health, Woking Hospital, Grange Road, Woking GU21 4BY

REAL Clinic, 25 Patcham Terrace, Nine Elms, Battersea, London SW8 4EX

GMC Registration Number: 3122882

Mr Simon Horgan Ltd - Company Number: 12814482