



(<https://apulparikh.co.uk/>)



What to Expect Before, During & After a Botox Treatment in London

If you're considering Botox treatment in London, you're not alone. Botox and Anti-Wrinkle Injections (<https://apulparikh.co.uk/anti-wrinkle-botox-injections/>) have become one of the most popular non-surgical cosmetic procedures worldwide, and for good reason. It's quick, effective, and can subtly smooth lines and refresh your overall appearance without the need for downtime. But if this is your first time, it's completely normal to feel a little unsure about what to expect.

At Apul Parikh Clinic in London, we believe in informed care. Dr Apul Parikh, a globally recognised trainer in injectable treatments, leads every Botox procedure with unmatched precision and care. In this guide, we'll walk you through exactly what you can expect before, during, and after your Botox treatment so you can feel confident at every step of the journey.

Preparing for Your Botox Appointment: What to Know in Advance

Before your treatment, there are a few simple things you can do to get ready and ensure the best possible results.

Things To Avoid Before Treatment

You don't need to do anything drastic to prepare, but it's important to avoid alcohol, blood-thinning medications (like aspirin or ibuprofen), and certain supplements such as vitamin E or fish oil for a couple of days before your appointment. These can increase the risk of bruising.

Clean Your Skin & Do Not Use Makeup

Try to arrive with clean skin, ideally without makeup, and avoid scheduling your treatment right before an important event, just in case you experience minor redness or swelling.

Prepare Any Questions For Your Practitioner

If you're feeling nervous, that's completely normal. The good news is, you'll have plenty of time during your consultation to ask questions and make sure you feel comfortable moving forward.

Your Consultation with Dr Apul Parikh: Expert-Led and Patient-Focused

Every Botox journey at Apul Parikh Clinic begins with a personal consultation. This is your opportunity to sit down with Dr Parikh, not just a practitioner, but a leading global educator in aesthetic medicine.

He'll listen to your concerns, assess your facial expressions and natural movement, and talk through the results you're hoping to achieve. Whether you're hoping to soften forehead lines, ease frown lines between your brows, or reduce crow's feet, your treatment will be entirely bespoke.

Importantly, there's no pressure. If Botox isn't the right option for you, Dr Parikh will explain why and guide you toward alternatives. Trust and honesty are at the heart of every consultation.

What Happens During the Botox Treatment Itself?

On the day of your treatment, you'll be warmly welcomed into our modern London clinic and made to feel completely at ease. Our team is friendly, discreet, and professional. We know that cosmetic treatments can feel personal, and we're here to support you every step of the way.

Treatment Procedure

Once you're comfortable, Dr Parikh will talk you through the treatment once more before beginning. Using a very fine needle, he'll carefully inject small amounts of Botox into the targeted muscles as per your desired results. Most people describe the sensation as a small pinch or pressure; it's quick and well-tolerated, even without numbing cream.

Botox Treatment Duration

The entire process usually takes around 10-15 minutes. You'll be able to leave the clinic straight after and get on with your day. There's no need to take time off work or make

major lifestyle changes, which is one of the reasons Botox is such a popular lunchtime treatment.

Aftercare Advice: What to Expect Post-Treatment

Although Botox is a low-maintenance treatment, there are a few things you'll need to keep in mind after your appointment to help the product settle properly and minimise any side effects.

You might notice slight redness or small bumps at the injection points, this is completely normal and usually fades within 30-60 minutes. Occasionally, some people experience mild bruising, but this too is temporary.

To get the most from your treatment:

- Avoid touching or rubbing the treated areas for the first 24 hours.
- Refrain from lying down flat or bending over too much in the first 4 hours.
- Skip intense exercise, saunas, or facials for at least 24 hours.

You should begin to see results within 3 to 5 days, with full effects visible at around 10 to 14 days. The smoothing effect typically lasts for 3 to 4 months, after which you can return for a top-up if you wish.

Your practitioner will provide a more detailed breakdown of what necessary aftercare you will need to follow. For an example of the information you will be likely to receive, read our Aftercare Guide for Botox Anti-Wrinkle Treatments (<https://apulparikh.co.uk/anti-wrinkle/aftercare-guide-anti-wrinkle-injections/>).

Why Choose Dr Apul Parikh for Botox in London?

When choosing where to have Botox, experience and trust matter. Dr Apul Parikh is not only a highly sought-after aesthetic doctor in London, but he is also a global trainer in injectable treatments, regularly teaching advanced techniques to other medical professionals.

At his Harley Street clinic, you can be sure you're receiving care from someone who trains the very best in the industry. His understanding of facial anatomy, combined with a deep respect for natural-looking results, means you're in the safest and most expert hands.

Patients travel from across the UK and internationally for treatment with Dr Parikh, not just for the results, but for the reassurance that comes from being treated by someone at the top of their field. Dr Parikh has also recently won the award for Most Trusted Medical & Cosmetic Skin Clinic 2025 – London (<https://apulparikh.co.uk/aesthetic-treatments/most-trusted-medical-cosmetic-skin-clinic-2025/>).

Botox Is More Than Just a Treatment – It's Confidence, Comfort, and Control

Choosing Botox is about more than softening lines, it's about feeling good in your skin and confident in your appearance. Whether it's your first time or you're returning for maintenance, you deserve a practitioner who puts your comfort, safety, and goals first.

At Apul Parikh Clinic in London (<https://apulparikh.co.uk/>), we're proud to offer a welcoming, medically-led space where results speak for themselves.

Ready to experience expert-led Botox treatment in London?

Book a personalised consultation (<https://apulparikh.co.uk/contact/>) with Dr Apul Parikh today and take the first step toward looking as refreshed and confident as you feel.

Clinic Opening Hours

Monday – Friday

10:00am – 18:00pm

Weekends

Late evening and weekend bookings available at request.

From Kensington

10 mins via District & Circle Line from South Kensington to London Victoria.

From Westminster

8 mins via District & Circle Line from St James Park to London Victoria.

From Soho

17 mins via Victoria Line from Oxford Circus to London Victoria.

From Mayfair

8 mins via Victoria Line from Green Park to London Victoria.

From Lambeth

22 mins via Bakerloo & District Line from Lambeth North to London Victoria.

From Chelsea

10 min walk from Sloane Square Station

From Belgravia

10 min walk from Knightsbridge Station

From Victoria

5 min walk from Victoria Station

From Vauxhall

3 mins via Victoria Line from Vauxhall to London Victoria.



Visit the Clinic

Dr Apul Parikh Clinic,
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Terms & Conditions (<https://apulparikh.co.uk/terms-conditions/>)

Privacy Policy (<https://apulparikh.co.uk/privacy-policy/>)



Dr Apul Parikh Clinic is a CQC-Registered Skin Clinic in London

Every treatment at Dr Apul Parikh Clinic is performed by an experienced aesthetics practitioner with a medical and cosmetic background.

Contact Dr Apul Parikh

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