

## Haytox Aftercare Sheet

### What to expect:

- It can take up to two weeks for the full effect - please be patient up until this point to assess your results. Some patients will require a top up at around the two week up to 4 week mark.
- Many patients will have a complete reduction in their hay fever symptoms, while others will have improvement.

### Post-care Instructions

- Do not blow your nose for 24 hours post treatment
- Do not use nasal sprays or washes for 24 hours post treatment
- Do not go swimming for 24 hours
- Avoid strenuous exercise for 24 hours
- Refrain from hot showers and other high temperature environments for 24 hours
- Refrain from rubbing, massaging, touching and applying pressure to the treated areas for 4 hours post treatment
- You can continue to take antihistamine tablets if needed