

# **Botox™ Post-Treatment Instructions**

## Patient Post-Procedure Instructions

Your Appointment Date: \_\_\_\_\_ Your Appointment Time: \_\_\_\_\_

**A few simple guidelines after your treatment can make a difference between a good result and a fantastic one.** These measures should minimize the possibility of ptosis (eyelid drooping) by almost 98%.

- **No straining, heavy lifting, vigorous exercise for 3-4 hours** following treatment. It is now known that **it takes the toxin approximately 2 hours to bind itself to the nerve to start its work**, and because **we do not want to increase circulation** to that area to wash away the Botox® from where it was injected. *This waiting period continues to be recommended by most practitioners.*
- **Avoid Manipulation of area for 3-4 hours** following treatment. **(For the same reasons listed above.)** This includes not doing a facial, peel, or micro-dermabrasion after treatment with Botox®. **A facial, peel, or micro-dermabrasion can be done in same appointment only if they are done before the Botox®.**
- **Facial Exercises in the injected areas is recommended for 1-hour** following treatment, to stimulate the binding of the toxin only to this localized area.
- **Do not lie down or bend over for 3-4 hours** following treatment.
- **It can take 2-10 days to take full effect.** It is recommended that the patient contact the office **no later than 2 weeks after treatment** if desired effect was not achieved and no sooner to give toxin time to work.

**Makeup** may be applied before leaving the office. Some practitioners recommend avoiding Retin-A, Glycolic acid, Vitamin C, and Kinerase *for 24 hrs* to the treated areas.