

BOTOX POST TREATMENT

The guidelines to follow post-treatment have been followed for years and are still employed today to prevent the possible side effects of ptosis (drooping of the eyelids). These measures should minimize the possibility of ptosis.

- 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 thus we want to minimize increased circulation to the treated area so as not to move the Botox from where it was injected.
- 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 **before** Botox in the same appointment.
- Facial exercises in the injected areas is recommended for 1 hour following treatment. This is to stimulate the binding of the toxin to the localized area.
- Botox can take 2-10 days to be fully effective. It is recommended that the patient contact the office no later than 2 weeks after treatment (and no sooner) if desired outcome was not achieved. Patient must give the toxin 2-10 days to work before returning for assessment.