

Botox POST - TREATMENT INSTRUCTIONS

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

- No straining, heavy lifting, vigorous exercise for at least 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.
- Strictly avoid manipulation of area for 6 hours following treatment. (For the same reasons listed above.) This includes not doing a facial, peel, micro-dermabrasion, massage, or reapplying make-up after treatment with Botox®. A facial, peel, or micro-dermabrasion can be done only if they are done before the Botox®. Do not wear swim goggles for 2 days.
- Stay in the erect posture for 2 hours-do not lay down & take a nap.
- Avoid sun or tanning beds.
- Facial exercises in the injected areas is recommended for 1-hour following treatment. This is to stimulate the binding of the toxin only to the localized area.
- 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 the toxin time to work.
- Post-op photos are to be taken in 2 weeks.
- Apply pre-made ice packs or frozen peas 1st hour 10 min on/ 10 min off.