



## **BOTOX POST- TREATMENT INSTRUCTIONS**

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.

Avoid Manipulation of the area for 3-4 hours following treatment. (For the same reason 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 the same appointment only if they are done before the Botox.

Facial Exercises in the injected areas is recommended for 1-hour following treatments, to stimulate the binding of the toxin only to localized area.

Do not lie down or bend over 3-4 hours following treatment. This instruction has been employed for years by some practitioners. Although we have not been able to find out the main reason for this since many practitioners inject while the patient is in lying position.

It can take 2-10 days to take full effect. It is recommended that the patient contact office no later than 2 weeks after treatment if desired affect was not achieved and no sooner to give toxin time to work.

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