

## Botulinum Toxin POST-TREATMENT INSTRUCTIONS

Below are guidelines to follow after your "botox" (Botox, Xeomin, Dysport) treatment. "Botox" treatment targets specific muscles of the face and neck to cause them to relax. Though side-effects are never completely avoidable, to minimize your risk of side-effects such as ptosis (drooping of the eyelids or eyebrows), or relaxation of other undesirable muscles, please follow these guidelines:

- No exercise, heavy lifting or straining for 4 hours following treatment. The toxin takes approximately 2 hours to bind to the nerve and start its work. We do not want to increase circulation to that area to wash away the "botox" from where it was injected.
- Avoid manipulation of the treatment area for 4 hours following treatment. (For the same reasons listed above.) This includes any facial waxing, threading, facials, lasers, peels, or microdermabrasion for up to 24 hours following treatment with "botox". A facial, peel, or microdermabrasion can be done in same day/appointment only if they are done BEFORE the "botox".
- Ideally wait 4 hours before applying makeup to avoid manipulating the treatment area and clogging injection sites with oils/bacteria. However, clean makeup may be applied GENTLY following treatment if necessary.
- Avoid sun and heat exposure (including sun bathing, sauna, hot yoga, etc) for 24 hours following treatment as this may denature the active ingredient rendering the treatment less or non-effective.
- Facial exercises in the injected areas are recommended for 1-hour following treatment. This is to stimulate the binding of the toxin only to the localized treatment area.
- It can take 3 - 10 days to take full effect. It is recommended that the patient contact the office if any unexpected side-effects occur. If the desired effect was not achieved after 2 weeks, please do not hesitate to contact the office to speak with the treating doctor.