



POST - TREATMENT INSTRUCTIONS BOTULINUM TOXIN "A" (Botox®/Dysport®)

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

Print Patient Name _____ **Date** _____

Patient Signature _____

