



BOTOX | POST-TREATMENT INSTRUCTIONS

These instructions have been used for years to successfully minimize the possible side effect of eyelids drooping after treatment, a side effect called ptosis.



Facial exercises in the injected area is recommended. This helps the toxin bind, as intended, to the localized areas.

In the 3-4 hours following treatment

NO STRAINING, HEAVY LIFTING, OR VIGOROUS EXERCISE	Botox takes approximately two hours to bind itself to the nerve and begin working. Maintaining a relaxed heart rate and limiting circulation allows it to bind to the intended areas and not be washed away and affect other areas of the face.
AVOID MANIPULATION OF THE AREA	For the same reason you should avoid straining and vigorous exercise, you should avoid doing a facial, peel, or micro-dermabrasion. Make sure your Botox appointment is scheduled for after any of these services if on the same day.

It can take 2-10 days for the treatment to take full effect. We encourage patients to return for a follow-up visit after 2 weeks (and not before) to ensure the desired effect was achieved and to answer any questions you may have.

Patient _____ Date _____