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POST-TREATMENT INSTRUCTION

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 2-3 hours** following treatment. It is 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 hours** following treatment. **(For the same reasons listed above.)** This includes not doing a facial, peel, or microdermabrasion can be done in the same appointment only if they are done before the Botox. **A facial, peel, or microdermabrasion 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 treatment, to **stimulate the binding of the toxin only to this localized area.**
- **It can take 2-7 days to take full effect.** It is recommended that patient contact office **no later than 2 weeks after treatment** if desired effect was not achieved.

Makeup can be applied before leaving the office. Retin-A, Glycolic acid, Vitamin C, and Kinerase can be used, but avoiding (for 24 hours) the Botoxed areas.

I certify that I have been counseled in post treatment instructions and have been given written instructions as well.

Patient Signature: _____ Date: _____