
BOTULINUM TOXIN (BOTOX®) Post-Treatment Instructions

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

- 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 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. This is to stimulate the binding of the toxin only to the localized area.
- It can take 2 -10 days to take full effect. It is recommended that the patient contact the office no later than 2 weeks after treatment if desired effect was not achieved and no sooner to give the toxin time to work.
- Makeup may be applied before leaving the office.

POST TREATMENT INSTRUCTIONS

Dermal Filler Treatment

DO NOT: touch, press, rub or manipulate the implanted areas for the rest of the day after treatment. Avoid kissing, puckering and sucking movements for the rest of the day as these motor movements can undesirably displace the implanted dermal filler material. Irritation, sores, and post operative complications including scarring are possible if you manipulate the dermal filler implants.

AVOID: Alcohol, caffeine, motrin, ginkgo biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E, fatty acids, niacin supplements, high-sodium foods, high sugar foods, refined carbohydrates (you may eat fruit), spicy foods, or cigarettes 24 hours before your treatment. This is to reduce the incidence of bruising after these procedures.

AVOID: Vigorous exercise and sun and heat exposure for 3 days after treatment.

DISCONTINUE: Retin - A 2 days after treatment. It is best to wear no makeup or lipstick until the next day. Earlier use can cause pustules.

- One side may heal faster than the other side.
- You can expect some bruising and swelling around the areas that were injected. Apply ice for the first hour after treatment for ten minutes on and ten minutes off.
- You must wait 2 weeks before any enhancements.

****Please report any redness, blisters, or itching immediately if it occurs after treatment.****

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