

Botox Cosmetic Post-Treatment Instructions

The guidelines for 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 takes the toxin approximately 2 hours to bind itself to the nerve to start its work, because of this we do not want to increase circulation to the area which washes away the Botox from where it was injected.
- Avoid manipulation of the area for 3-4 hours following treatment. This includes not doing a facial peel or micro-dermabrasion after treatment with Botox. A facial peel or micro-dermabrasion can be done before the Botox injections.
- Ice may be applied to the area-20 minutes on and then 20 minutes off three times a day.
- If you experience a headache, Ibuprofen or Tylenol may be taken as needed.
- Welts, redness or itching is normal and Benadryl can be used as needed.
- Facial exercises (making a repeated muscle movement) in the injected area is recommended for 1-hour following treatment. This is to stimulate the bonding of the toxin only to the localized area.
- It may 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.
- Enhancements may be done at follow up visits. The fee is charged per unit used.
- Makeup may be applied before leaving the office.