**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. Do not wear hats, goggles or anything that could put pressure on the face. 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 the 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. Avoid touching the treated areas.
* It can take 2-10 days to take full effect. We recommend a follow up appointment 2 weeks after treatment and no sooner to give the Botox time to work. We use the minimum recommended dosage to get desired effect. At the 2 week follow up appointment an enhancement with Botox may need done and there will be a fee per unit needed.