

**NOVAS, DOHR & COLL  
OB/GYN ASSOCIATES, S.C.  
Medical Spa**

**BOTOX® POST-TREATMENT INSTURCTIONS**

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 3-4 hors 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. *This waiting period continues to be recommended by most practitioners.*
- 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 are recommended for 1 hour following treatment, to stimulate the binding of the toxin only to this localized area.
- Do not lie down or bend over for 3-4 hours following treatment. (This instruction has been employed for years by some practitioners, although, we have not been able to find out the main reason for this since many practitioners inject while the patient is in a lying position. Many practitioners do not adhere to this anymore.
- It can take 2-10 days to take full effect. It is recommended that the patient contact office no later than 2 weeks after treatment if desired effect was not achieved and no sooner to give toxin time to work.

Makeup may be applied before leaving the office. Some practitioners recommend avoiding Retin-A, Glycolic acid, Vitamin C, and Kinerase for 24 hrs to the treated areas.