

# Botulinium Tox-Type A (Botox, Dysport, Jeuveau)

## POST -TREATMENT INSTRUCTIONS

The guidelines to follow post treatment have been followed for years, and are still employed today to prevent the unlikely chance of any Botox related post-treatment unwanted effects.

- 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.
- No alcohol is recommended for first 12 hours after treatment due to increased bruising risk and if possible refrain from makeup applied to treatment areas until following day. Gentle cleanser used tonight with gentle application is recommended.

If you have any questions please feel free to call our office at 844-4-RENUMI or Dr. Socher directly at (954) 663-3998.

We appreciate your trust in caring for all your facial esthetic and Dental related needs.

Dr. Socher and Staff

