

## **BOTOX/XEOMIN POST-TREATMENT INSTRUCTIONS**

These guidelines will help to prevent the possibility of ptosis (drooping of the eyelids), and maximize the desired results of the Botox/Xeomin.

- 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 and initiate its effect. Increased exercise, movement will increase circulation and may result in the Botox/Xeomin being removed from the injected areas.
- Avoid manipulation of area for 3-4 hours following treatment. (For the same reasons listed above.) This includes: having a facial, peel, or micro-dermabrasion after treatment. This also includes vigorous rubbing, washing, and wiping of the treated areas.
- Facial exercises involving the injected areas is recommended for approximately one hour following treatment. This will help to stimulate the binding of the Botox/Xeomin
- It may take 2 -10 days for the Botox/Xeomin to express its full effect. It is recommended that you contact the office no later than 2 weeks after treatment if desired effect was not achieved. You will have a follow up visit in 10-4 days after treatment to evaluate the results.