**Botulinum Toxin Post-Treatment Instructions**

These guidelines help prevent the possible side effects of ptosis (drooping of the eyelids), uneven smiles, or deactivation of the toxin resulting in diminished results.

**NO** straining, heavy lifting, vigorous exercise for **4-6** hours following treatment. It takes 2 hours for the toxin to bind to the nerves in order to start its work of relaxing. Increasing circulation will wash away the toxin before it has time to bind properly.

**AVOID** manipulation of the area for **4-6** hours following treatment. This includes avoiding facials, peels or micro-dermabrasion after treatment with botulinum toxin. Avoid sleeping on the area, rubbing the area when washing face or applying make-up, and avoid excessive facial movements for this time period after injection.

It can take **3-10** days to take full effect. It is recommended that you contact the office no later than 2 weeks after your treatment if the desired effect was not achieved, but not sooner as to give the toxin time to work. If additional toxin is required this can be done at the enhancement appointment.