**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. These measures should minimize the possibility of ptosis by almost 98%. (PTOSIS – also known as drooping eyelid)

* **No straining, heavy lifting, vigorous exercise for 24 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 **we do not want to increase circulation** to that area and wash away the Botox from where it was injected.
* **Avoid manipulation of the area for 3-4 hours** following treatment. This includes not doing facials of any kind, peels or micro-dermabrasion after treatment with Botox. **Do not bend over or lie down for 3-4 hours** following treatment. Also **no aesthetic procedures** ie: Laser treatment for **two (2) weeks** post Botox.
* **Be patient it can take 2-10 days to take the full effect.** It is recommended that the patient contact office no later than 2 weeks after treatment if desired effect was not achieved.