



## BOTULINUM TOXIN POST-TREATMENT INSTRUCTIONS

Please review and adhere to the following **post-treatment guidelines** in preparation for your botulinum toxin appointment. The following restrictions are in place to minimize the risk of any potential complications

- **Do not raise your body temperature for 4 hours following treatment (no exercise, hot tubs, saunas, being out in the sun, alcoholic beverages, etc.).** It takes about 2-4 hours for the neurotoxin to bind to the nerve in order to start working and an increase in internal body temperature or sweating can make the neurotoxin treatment ineffective.
- **Avoid touching or manipulating the treated areas for 4 hours.** In addition, do not lie down within this timeframe. We want the neurotoxin to stay in the muscles that it was specifically placed to avoid poor outcomes like a dropped eyebrow or eyelid. **This also includes no facials, chemical peels, or massages after treatment.**
- **Do not lie down or bend over for 3-4 hours following treatment.** This instruction has been used for years due to possible traveling of the toxin. However, many practitioners do not adhere to this anymore
- **Postpone Dental procedures and any vaccinations for at least 2 weeks after treatment.**
- **Avoid wearing hats, visors, headbands or anything on the head** that has the potential to move the neurotoxin
- It will take about 24 hours for all of the injection sites to heal. **To avoid infection, avoid wearing makeup on the day of the treatment. The face can be washed like normal at night (at least 4 hours post-treatment).**
- Neurotoxin treatments typically start to take effect around 2-10 **days**, but everyone is different. **Please give the neurotoxin a full 2 weeks to take effect before deciding if you need more.** Don't love it or hate it for 2 weeks!
- **Be sure to schedule a 2-week follow-up appointment** so your injector can assess your results and perform any enhancements if needed. It is not recommended to inject beyond 2 weeks post-treatment, so please ensure that you keep this appointment.
- **Neurotoxin appointments should be scheduled every 3-4 months to maintain the best results.**