

# *Serenity Skin Spa*

## **POST - TREATMENT INSTRUCTIONS BOTULINUM TOXIN "A" (Botox®/Dysport®)**

The guidelines to follow post treatment have been followed for years, and are still employed today to prevent the possible side effect such as ptosis. These measures should minimize the possibility of ptosis.

- **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 terminal to start its work**, and **we do not want to increase circulation** to inadvertently move the botulinum toxin from where it was injected. *This waiting period continues to be recommended by most practitioners.*
- **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 botulinum toxin. **A facial, peel, or micro-dermabrasion can be done in same appointment only if they are done before the Botulinum.**
- **Facial Exercises in the injected areas is recommended for 1-hour** following treatment, to **stimulate the binding of the toxin only to this localized area.**
- **It can take 7-14 days to take full effect.** It is recommended that the touch up, if needed, be done **no later than 3 weeks after the initial treatment.**

**Makeup** may be applied before leaving the office. Some practitioners recommend avoiding Retin-A, Glycolic acid, Vitamin C, and Kinerase for 24 hrs to the treated areas.

**If you should have any questions or concerns please feel free to contact us at 970-775-8700**