

Botulinum Toxin (Botox, Xeomin) Post Operative Instructions

Congratulations on your Facial Esthetic Treatment today. There are a few post op instructions we would like you to follow to help to get the best results possible. Please be sure to make it to your follow up appointment so we can ensure you are happy with the results.

- 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 to start its work, and because we do not want to increase circulation to that area to wash away the Botox® from where it was injected.
- Avoid manipulation of area for 3-4 hours following treatment. (For the same reasons listed above.) This includes not doing a facial, peel, or microdermabrasion however. Facial, peel, or micro-dermabrasion can be done before hand.
- Facial exercises in the injected areas are recommended for 1-hour following treatment. This is to stimulate the binding of the toxin only to the localized area.
- Avoid direct sunlight exposure for the remainder of the day.
- It can take 2-10 days to take full effect. It is recommended that the patient contact the office no later than 2-3 weeks after treatment if desired effect was not achieved and no sooner than 2 weeks.

**If you should have any questions or concerns regarding your procedure,
please do not hesitate to call the office! 732-741-1355**