BOTULINUM TOXIN (BOTOX) (XEOMIN)

Post-Treatment Instructions

- No straining, heavy lifting, sun exposure, or vigorous exercise for 3-4 hours following treatment. Also, please refrain from touching, washing your face, or otherwise manipulating the areas injected. It is now known that it takes the toxin approximately 2 hours to bind itself to the nerve to start its work. Because we do not want to increase circulation to that area to wash away the Botox or Xeomin from where it was injected, or inadvertently push it into an area not intended, please restrain from the above activities or anything that will create heat or movement to the area.

- Again, avoid manipulation of area for 3-4 hours following treatment. This includes NOT doing a facial, peel, or micro-dermabrasion after treatment with Botox or Xeomin. A facial, peel, or micro-abrasion can be done in the same appointment only if they are done BEFORE the Botox or Xeomin.

- 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.

- Be patient. It can take 2- 10 days to take full effect. It is recommended that you contact the office no later than 2 weeks after treatment if the desired effect was not achieved, but NOT sooner to give the toxin time to work. You are given the amount of toxin that the Doctor considers to be appropriate for your facial muscles and characteristics. Enhancements (more Botox or Xeomin) can be given if the desired affect was not achieved after consultation with the Doctor.

- Although it would be better NOT to apply make-up to the injected areas for 3-4 hours after treatment to avoid bacteria entering the injection sites and to avoid hard manipulation, clean, not contaminated, make-up may be gently applied before leaving the office.

I certify that I have been counseled in post-treatment instructions and have been given written instructions as well.

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Patient Signature   Date