



Prosthodontics & General Dentistry  
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## **BOTOX® 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 (drooping of the eyelid). These measures should minimize the possibility of ptosis almost 98%.

- No straining, heavy lifting, vigorous exercise for 3-4 hours following treatment. It is now known that it takes the Botox approximately 2 hours to bind itself to the nerve to start its work. 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 micro-dermabrasion after treatment with Botox®.
- 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.
- Do not lie down or bend over for 3-4 hours following treatment.
- Botox can take 2-10 days to take full effect.
- Makeup may be applied before leaving the office.
- Avoid Retin-A, Glycolic acid, Vitamin C, and Kinerase *for 24 hrs* to the treated areas.
- Please call the office at 219.836.4214 if there are any concerns or questions