

LASER AESTHETICS CAPE COD  
**NEUROTOXIN**  
(BOTOX, XEOMIN, DYSPORT)  
**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. 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 toxin approximately 3 hours to bind itself to the nerve to start its work, and we do not want to increase circulation to that area to wash away the neurotoxin from where it was injected.
- **Avoid manipulation of the area(s) for 3-4 hours** following treatment. **(For the same reasons as listed above).** This includes not doing a facial, peel or microdermabrasion after treatment with a neurotoxin.
- **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 2-7 days to take full effect.** It is recommended that the patient contact the office **no later than 2 weeks** after treatment if the desired effect was not achieved.
- Make-up can be applied before leaving the office. Retin-A, Glycolic Acid, Vitamin C can be used, but avoid for the first 24 hours in the treated areas.

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

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_