

D. Landon Allen, MD MPH, MBA
Physician and Managing Member
Dr.Allen@NewRiverFamilyWellness.com

420 E 2nd St., West Jefferson, NC 28694
(P) 336-489-4400



Caitlin M. Sullivan, MD
Physician and Member
Dr.Sullivan@NewRiverFamilyWellness.com

www.NewRiverFamilyWellness.com
(F) 336-489-4500

Post Treatment Instructions for Botulinum Toxin Injection

The following guidelines for post treatment care following botulinum toxin injection can help prevent possible side effects including ptosis as well as minimize others such as swelling and infection.

- Avoid straining, heavy lifting, and 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 working. Increased circulation may inadvertently move the botulinum toxin from where it was injected. This waiting period continues to be recommended by most practitioners.
- Avoid manipulation of the treatment 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.
- Facial exercises and stretching in the injected areas are recommended 1-hour following treatment to stimulate the binding of the toxin.
- It can take 2-10 days to take full effect. Touch ups, if needed, should be done no sooner than 2 weeks after the initial treatment.
- Makeup may be applied before leaving the office.
- Avoid retin-A, glycolic acid, and vitamin C, for 24 hrs.

**If you should have any questions or concerns please feel free to contact us at
(336) 489-4400.**