

## Botox® – Aftercare

### INSTRUCTIONS:

- Refrain from strenuous activity on the day of treatment.

### EXPECTATIONS:

- You may notice pin-sized, red dots and small bumps in the areas of injection. These usually resolve within 30 minutes of treatment. Icing can help to expedite resolution.
- Botox® takes two-to-five days to begin working, and up to two weeks to see full results. During this time, you may have some unevenness or asymmetry as some of the Botox® injections becomes active sooner than others. *Wait at least two weeks after treatment to determine whether true asymmetry is present, at which point a touch up can be scheduled.*
- Because of the complexities of facial anatomy, there is always a risk of unevenness or asymmetry. Unevenness can easily be fixed at a follow up visit.
- Due to hidden blood vessels beneath the skin, there is always the risk of bruising. If you develop a bruise, it is usually the size of a pencil eraser and you can expect it to resolve within three-to-five days. During this time, you can use cover-up. If the bruising persists after three days, you can use warm compresses on the area for 20 minutes per application to help with resolution.
- Botox® wears off over different time periods, depending on its application:

**Wrinkles, paralysis and migraines** - two-to-four months,

**Sweating, jaw pain (TMJ) and jaw contouring** - four-to-six months

How quickly Botox® wears off depends on how much is injected and on individual genetic factors.

- Every face is different, and different patients need different amounts of Botox® in different areas to get the desired result. It can take a few sessions with Dr. Cabin to figure out the optimal treatment regimen. If you are new to Botox®, four weeks after treatment, pay attention to any aesthetic asymmetry, and whether you are satisfied with the aesthetic/functional result. This helps inform changes during your next appointment with Dr. Cabin.

If you can visit the office for a follow-up visit two-weeks after your treatment, this is preferred – but we understand that scheduling is sometimes challenging.

**If you have any additional questions, please feel free to reach out to the office.**