

# CENTRE ORAL & FACIAL SURGERY

GREG KEWITT DMD, MD, FACS

## INSTRUCTIONS FOLLOWING BOTOX COSMETIC<sup>®</sup> TREATMENT

Please read this handout carefully and keep it as a reference for after surgery. Every surgical procedure is different, so not all of the instructions may apply. Common sense will often dictate what you should do. When in doubt, or if you have any questions not addressed below, please do not hesitate to call.

### Results

**Results of your treatment may take up to 14 days to take full effect.** Please wait two weeks before assessing if you are pleased with the result.

**Try to exercise your treated muscles for 1-2 hours after treatment** (e.g. practice frowning, raising your eyebrows or squinting). This helps to work Botox Cosmetic<sup>®</sup> into your muscles. Although this is thought to help, it will NOT impact your treatment negatively if you forget to do this.

### Bruising

**To reduce the risk of bruising, avoid taking Advil, Vitamin E, etc. Do NOT rub or massage the treated area for 4 hours after your treatment. Do NOT do yoga or any type of strenuous exercise for 4 hours after treatment. Avoid facials or saunas for 4 hours after your treatment.** This will minimize the risk of raising your blood pressure and minimize the risk of temporary bruising.

**Do NOT lie down for 4 hours after treatment.** This is to avoid the risk of pressure on the treated areas (from your pillow) and having the area rubbed accidentally.

Feel free to shower and go about most other regular daily activities. Be assured that any tiny bumps or marks will go away within a few hours. **If you need to apply makeup within 4 hours after your treatment, use a GENTLE touch** to avoid rubbing the treated area.

### Continual Treatment

Botox Cosmetic<sup>®</sup> is a temporary procedure. At first you may find that your treatment results will last approximately three to four months. **If you maintain your treatment appointments with the frequency recommended by your doctor, the duration of each treatment result may last longer than 4 months.**

Initially, our physician sees a patient for a recheck between 12 and 16 weeks. **If you allow Botox Cosmetic<sup>®</sup> to completely wear off, it is difficult for the doctor to see how your individual muscles reacted and optimal results for your face can be more difficult to achieve.**

**Please remember that your follow-up visits are very important.**

**Our 24 hour, 7 days a week contact number is 814-235-7700.**

Our web site, [centreoms.com](http://centreoms.com), has additional information that you may find useful.