

**THE HILINSKI CLINIC
OF FACIAL PLASTIC SURGERY**

John M. Hilinski, M.D.
3720 Fourth Avenue
San Diego, CA 92103
(619) 296-3223 Office
(619) 296-3224 Fax

GUIDELINES FOLLOWING BOTOX TREATMENT

- Make sure to keep direct pressure on the treated area(s) after leaving the office. Ideally, you should maintain direct pressure with a cold compress for several hours after the procedure (*the longer, the better*). This helps minimize bruising and prevents the Botox from migrating to unwanted areas. Despite these measures, a small percentage of patients may still experience some bruising during the first 24-48 hours. Makeup is permitted to help conceal the temporary discoloration.
- Avoid strenuous activity, working out, straining, and heavy lifting during the first 12-24 hours following treatment.
- You should begin to notice improvement in wrinkle formation within 48 hours of the procedure. A good test is to try re-creating the wrinkle by frowning and/or smiling, for example. There should be minimal muscle movement noted with nearly complete absence of wrinkle formation in that particular area. In some cases where a wrinkle was present even at rest, it may take more time to see additional improvement.
- Call our office in the meantime if you have any additional questions or concerns.