



**TUAN A. TRAN M.D., M.B.A, F.A.C.S.**

**Diplomate American Board of Plastic Surgery, Diplomate American Board of Surgery**

*General Surgery, Reconstructive Surgery, Aesthetic Surgery, Plastic and Hand Surgery*

## **Botulinum toxins and Filler Injections** **(Botox, Dysport, Restylane & Juvederm)** **Post-Operative Instructions**

### **Overview**

Most patients have no problems after Botox and/or facial filler treatments. Overall, they are extremely safe with very high satisfaction. Botulinum toxins such as Botox and Dysport, and fillers cannot always last as long as desired or improve wrinkles as much as hoped. Patients should expect “significant improvement” after treatment but not complete wrinkle removal. If the patient doesn’t get the results wanted, often the answer is more filler. This is really not a problem; extra Botox or filler can be safely added shortly after the first treatment or at any time. It usually leads to improved results and increased satisfaction. If extra product is needed to get the desired result, our office strives to give you the best price for the needed Botox and/or filler.

### **After Injection of Botulinum toxins and Fillers**

- **Bruising and Swelling:** recovering from fillers such as Restylane and Juvederm usually is extremely easy. Most people have minimal to no bruising and can resume normal activity immediately. Occasionally, some might get more bruising. Although disappointing, it will not affect the results of the filler. You should ice the area as much as you can for the first several days, 20 min. on and 20 min. off for 5 times a day. Extra icing can definitely help. Makeup can be used to hide the bruising following these procedures.
- **Headache or Pain at the Injection Sites:** this is usually very little and goes away quickly on its own. Tylenol or Motrin often is all that is required for this kind of headache or pain.
- **Redness, Welts, and Itching:** minor redness or welts can occur after filler such as Juvederm. Sometimes it will cause itchiness as well. This is normal and please do not worry. Benadryl is recommended for this problem and symptoms.
- **Lumps or Bumps:** this sounds scary but is common. Most lumps are just fluid or some bruising from the injection and will get better quickly. If you feel lumpy spots, push on the spot with continual pressure for about 2 min. Repeat this 4-5 times a day. This is called “massage” and helps resolve bruising, swelling, or any lumpiness. In extremely rare cases, a product can be used to dissolve the hyaluronic acid in fillers. This is also easy and works great. It is not very common to need this after cosmetic facial fillers.
- **Results:** It is extremely important to have realistic expectations with the results of Botox and fillers. Botulinum toxins can take up to 2 weeks to have the full effect of relieving wrinkles around the eyes, forehead, or shrinking the cheeks. That being said, most patients experience the effect of Botox within 3 days, and they are quite happy with the results.



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- **Rejuvenation:** Most patients are extremely happy with fillers for cheeks, lips, folds, and other facial filler uses. However, fillers do not “get rid” of all of your wrinkles. Some people should be aware that surgery might be a better choice than filler. If the results aren’t as much as they want or desire, a cosmetic facelift procedure or cosmetic eyelid procedure might be another choice or better option. This surgery can really give rejuvenation on a much bigger scale than fillers. Please do not hesitate to ask Dr. Tran about these procedures.
- **Retention Time:** Botulinum toxins and fillers are gradually absorbed and don’t always last as long as desired. Botox usually last between 4 and 8 months. Fillers last a different amount of time in each individual depending on how quickly your body metabolizes it. Usually they last between 9 and 12 months. Early absorption can be disappointing but nothing is wrong. The usual answer to this problem is more filler. It can be safely added at any time and usually gets better results and satisfaction.

### **Possible Problems/Emergency**

If you develop any symptoms such as fevers with temperature greater than 101.5 F, chills, persistent nausea and vomiting, inability to urinate, severe pain not controlled with medications, pus drainage from the wound site, or for any acute problems or illnesses, please contact our office at 714-839-8000 between the hours of 9AM-6PM on Monday-Thursday and 9AM-1PM on Friday; or you may reach us at 714-860-3588 after hours.

If you are unable to reach your surgeon or a member of his staff, go to the Emergency Room closest to you.

#### *References:*

North West Valley. (2020). *Facial fillers after care: Aftercare instructions for Botox and Juvederm*. Retrieved from <https://www.nwvalleyoralandfacialsurgery.com/cosmetic-surgery/surgery-instructions/facial-fillers/>