

**J. Jason Wendel, M.D.**

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# Recovery Instructions

**BOTOX or DYSPORT INJECTIONS**

There are no activity restrictions for this treatment.

**Treated Area Care**

Avoid prolonged exposure to the sun.

Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).

Check daily for signs of infection.

You may wear makeup, foundation or concealer with sunblock protection.

Stay out of the sun until redness and bruising subsides (usually 48-72 hours).

Patients should avoid aspirin and non-steroidal anti-inflammatory drugs such as Motrin, Advil, St. John's Wart or high doses of Vitamin E supplements, etc. for 7-10 days prior to injection because these substances can cause increasing bruising or bleeding at the injection site.

If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another recurrence. A preventative antiviral medication may be prescribed in certain situations.

**What to Expect**

Possible and temporary stinging, throbbing, burning sensation, redness, swelling, and mild bruising.

Redness and bruising usually lasts about 48 hours.

Patients notice a clinical effect between 3-10 days following the injection.

Some diffusion of the toxin occurs. This may cause circular areas of partial loss of movement, with a radius of 1.5 cm and temporary weakness of nearby muscles.

In rare cases, there can be a drooping of the eyelid or asymmetry of facial expression.

The risk of any side effect depends on the muscles injected.

The effects of Botox are completely reversible; any side effects are temporary, limited to a number of weeks.

**Length of Benefits**

The benefits of Botox or Dysport injections usually last 3-6 months and then resolve.

**Follow-Up Care**

Follow-up appointment 2 weeks after treatment.

No activity restrictions.

No special treatment site care.

Return visit every 3-4 months to maintain results.

**When to Call**

If you have increased swelling or bruising.

If swelling and redness persist after a few days.

If you have increasing redness in the treated area.

If you have an oral temperature over 100.4 degrees.  
If you have any yellowish or greenish drainage or odor from the treatment area.  
If you have any sign of infection, open sores, skin peeling or lumpiness.

**For Medical Questions, Please Call:**

(615) 921-2100 Monday-Thursday 9:00 AM-5:00 PM and Fridays 8:00 AM –  
12:00 PM. After hours and on weekends, the answering service will contact Dr.  
Wendel or the plastic surgeon on call.