Post-Treatment Instructions for Botox, Fillers, Skin Boosters, and Collagen Boosters

Please follow the instructions below carefully after your treatment to support the best possible results and reduce the risk of side effects.

1. Wrinkle Botox (Forehead, frown lines, crow's feet, nose bridge, etc.)

- **When to Expect Results:** The effects usually begin to appear from around 3 days after treatment. The results are typically most noticeable after 2–3 weeks. After about 1 month, your facial expressions usually become more natural and the results settle more comfortably.
- **Self-Care After Treatment:** For the first 4 hours after treatment, gently contract the treated muscles by making facial expressions, such as frowning or raising your eyebrows, about 3–4 times per hour. This may help the medication absorb more effectively into the targeted muscles.
- **Posture Precautions:** Do not lie down for 4 hours after treatment. This helps prevent the product from spreading to nearby muscles and reduces the risk of eyelid drooping, also known as ptosis.
- **Temporary Discomfort:** In the early stage, you may feel heaviness around the eyebrows, slight difficulty opening your eyes, or some awkwardness when smiling. These symptoms usually improve gradually over time.

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2. Muscle Botox (Jawline, trapezius, calves, etc.)

- **When to Expect Results:** Muscle Botox works by gradually reducing muscle activity and size. The effects usually begin to appear after 2–3 weeks, with the most noticeable visual results appearing after 2–3 months.
- **Maintenance and Repeat Treatment:** To maintain your results, repeat treatments are generally recommended every 4–6 months.
- **Lifestyle Precautions:** After jawline Botox, avoid chewing hard or tough foods such as gum, dried squid, or similar foods. This helps maintain the reduced muscle size for a

longer period of time.

- **Temporary Discomfort:** For about 1 month after treatment, the strength of the treated muscle may feel temporarily reduced. For example, your chewing strength or the strength in your arms or legs may feel weaker than usual, depending on the treated area.

General Restrictions and Emergency Guidelines

- **Activities to Avoid:** For 1 week after treatment, please avoid alcohol, smoking, saunas, hot baths, jjimjilbangs/Korean bathhouses, and intense exercise, as these may increase the risk of inflammation.
- **Makeup and Face Washing:** Light face washing and makeup may be resumed a few hours after treatment on the same day. However, avoid rubbing or applying strong pressure to the treated area.

Contact the Clinic Immediately If You Notice Any of the Following:

- The skin around the treated area **turning pale, white, or developing bluish discoloration**
- Sudden severe swelling with **intense pain** or heat that is difficult to tolerate
- **Blisters, yellow discharge, or pus** around the treated area

RINE
Plastic Surgery Clinic

Email: consult@rineps.co
WhatsApp: +82 10 7545 8215
9F, 535, Gangnam-daero, Seocho-gu, Seoul, Republic of Korea

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