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KAL ESTETİK KLİNİK

WHAT TO EXPECT

Botulinum Toxin Guide

A patient guide for expression-softening
injections before, during, and after treatment

20 pages | English



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MEDICAL INFORMATION NOTE

Soften expression without erasing movement

Botulinum toxin treatment is planned around facial movement, muscle strength, prior treatment history, and natural expression. The aim is not a frozen face; it is a measured reduction of expression lines or tension when the patient is an appropriate candidate.

Medical information note

This PDF is a general patient education guide. It does not replace a personal diagnosis, treatment plan, medication advice, or urgent medical direction. Suitability depends on an in-person assessment, skin analysis, medical history, medications, allergies, pregnancy or breastfeeding status, and expectations.

How to use this guide

- Mark the questions you want to discuss before your appointment.
- List medications, supplements, allergies, and previous procedures.
- Read the before, during, and after pages as separate checkpoints.
- For unexpected symptoms, contact the clinic or urgent medical care instead of relying on this PDF.

At a Glance

This guide places botulinum toxin treatment on a realistic timeline from assessment to follow-up.

Before

Movement analysis, muscle strength, prior treatments, medications, neurologic history, and pregnancy or breastfeeding status are reviewed.

During

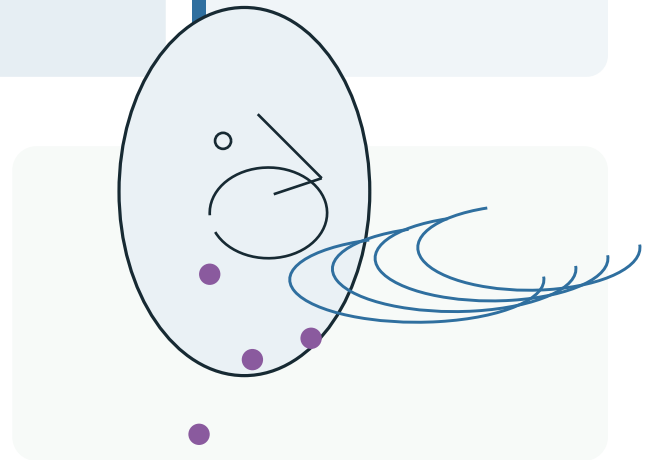
Small injection points are used; dose and muscle selection are personalized to facial movement.

After

Effect usually begins over several days, with meaningful review commonly around two weeks.

Core idea

More dose is not automatically better; natural expression requires controlled dosing and follow-up.



Suitability conversation

This page helps separate a well-timed treatment conversation from a plan that needs more review first.

Suitability conversation

- Discussing expression lines such as frown lines, forehead lines, or crow's feet.
- Softening a tired, tense, or stern appearance in a measured way.
- Starting conservatively for a first treatment and reviewing after effect develops.
- Reviewing special uses such as jaw-muscle activity or sweating with medical assessment.
- Stating clearly that natural facial movement should be preserved.

Pause or review first

- You are pregnant, breastfeeding, have active infection, or skin problems at injection sites.
- You have a neuromuscular disorder, swallowing or breathing problems, or a prior toxin reaction.
- Medications may affect neuromuscular transmission or bruising risk.
- You had recent treatment elsewhere but do not know the product, dose, or date.
- You plan same-day intense exercise, sauna, facial massage, or pressure on the area.

Before: Preparation Map

Personal instructions are confirmed during assessment. This framework helps you prepare for the appointment in an organized way.

2 weeks before

- Note previous treatment dates and product names if known.
- Tell the clinician about medicines or supplements that may increase bruising.
- Bring relaxed and expressive photos if asymmetry is a concern.

1 week before

- Report active infection, cold sores, or skin reactions.
- Write separate goals for expression, jaw tension, sweating, or other concerns.
- Share recent filler, laser, or skin procedures.

24 hours before

- Avoiding alcohol and intense exercise may help reduce bruising risk.
- Do not schedule facial massage, brow services, or hot environments afterward.
- Makeup can be cleansed before treatment if needed.

Printable checklist

Designed to print and bring to your appointment. Medication and skin-care instructions must be personalized by your clinician.

- I wrote down neurologic disease, muscle weakness, swallowing, or breathing history.
- I will disclose pregnancy, breastfeeding, or pregnancy plans.
- I noted previous treatment dates and how they worked.
- I listed medications and supplements.
- I identified which expressions I want to preserve.
- I will ask when follow-up is appropriate.
- I will clarify instructions about rubbing, massage, heat, and exercise.
- I will ask about urgent symptoms and clinic contact.
- My goal is softening expression, not erasing every line.

My notes

Procedure day flow

The face is assessed at rest and with expression.

Target muscles and movements to preserve are discussed.

Injection points are cleansed and may be marked.

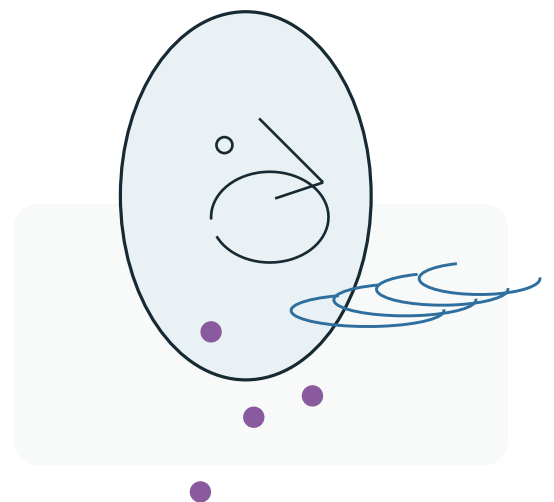
Small doses are placed with very fine needles.

Pinpoint bleeding or bruising is briefly checked.

Instructions until follow-up are reviewed in writing.

Appointment rhythm

Adjustments are usually considered after effect has settled; immediate extra dosing is not always appropriate.



What It May Feel Like

Knowing what to report during the procedure is as important as knowing what sensations are common. Individual pain threshold and treatment area matter.

During

- Brief needle pinches or mild stinging may occur.
- Treatment is usually quick; intense pain is not expected.
- Pinpoint redness or small bumps often settle quickly.
- Headache, bruising, or injection-site tenderness can occur.
- Widespread weakness, vision changes, swallowing difficulty, or breathing difficulty requires prompt care.

Say it immediately

Speak up immediately about sharp, escalating, or focal pain; burning; vision symptoms; dizziness; breathing or swallowing difficulty; or any unusual sensation.

After: First 24 Hours

The first day is about keeping the treatment area calm and recognizing unusual symptoms early.

01

Do not rub or massage the treated areas.

02

Follow your clinician's guidance about exercise, heat, and lying position.

03

Clarify when makeup and skin care can resume.

04

Pinpoint redness and tenderness are usually short-lived.

05

Do not expect full effect on the same day.

06

Do not wait if eyelid, vision, speech, swallowing, or breathing symptoms occur.

Recovery and Result Window

0-24 hours

Pinpoint redness, tenderness, or small bruises may occur; avoid rubbing the area.

3-7 days

Effect often starts to become noticeable; early asymmetry may still change.

10-14 days

Results can be assessed more meaningfully; follow-up may be planned.

1-3 months

Effect gradually softens depending on muscle strength, dose, and area.

3-4 months+

Duration varies. Repeat plans should be based on assessment, not a fixed promise.

Expected or Needs Review?

Expected

- Pinpoint redness
- Mild bruising or tenderness
- Headache in the first days
- Gradual onset
- Temporary sense of asymmetry

Prompt care

- Swallowing or breathing difficulty
- Double vision, blurred vision, or notable eyelid droop
- Widespread muscle weakness
- Severe allergic symptoms
- Worsening pain, swelling, or infection signs

Status

If unsure, take a photo, note the time, and use the clinic contact channel.

Safety Questions

A safe process is not only about a product or device; it also depends on patient selection, documentation, sterile setup, follow-up, and a complication plan.

- I shared medications, supplements, allergies, and previous procedures.
- I disclosed pregnancy, breastfeeding, active infection, cold sores, or a new skin reaction.
- I asked for the product or device name, source, and why it is suitable for me.
- I asked about sterile setup, single-use materials, and aftercare contact.
- Follow-up timing and early warning signs are clear.
- I shared upcoming travel, major events, or intense exercise plans.
- I understand that urgent symptoms should not be watched at home.
- Are product source, dilution, dose, and injection map documented?
- Is there any finding or risk today that should make us postpone treatment?
- Will product/device, lot/serial, dose/energy, and treatment map be documented in my file?
- Which symptom requires same-day clinic contact, and which requires urgent medical care?

Daily Routine and Lifestyle

Skin routine

- Avoid facial massage or pressure on the first day.
- Resume skin care according to instructions.
- Do not force-test brow or forehead movement early.
- Use consistent lighting and expressions for follow-up photos.

Lifestyle rhythm

- Sleep and stress patterns can influence facial tension.
- For repeat treatments, discuss movement balance before increasing dose.

Reminder

Sun protection, barrier repair, and consistent follow-up strongly influence the quality of many aesthetic plans.

Results and Maintenance Plan

Expectation

- The goal is not a frozen face; it is less harsh expression from overactive movement.
- For a first treatment, conservative dosing and review usually create safer communication.
- Lines present at rest may also need skin-quality treatment.
- Duration varies; exact longevity should not be promised.

Planning language

- If skin quality is poor, toxin alone may not change the overall line appearance.
- When filler is also considered, first decide whether movement or volume is the main driver.
- RF microneedling, mesotherapy, or skin treatments need separate timing.
- Jaw-muscle treatment requires facial proportion and clenching history review.
- Brow-lift expectations depend on eyelid anatomy and forehead balance.
- Repeated treatment should respect onset and fading rather than being too frequent.

Combinations and Alternatives

Rather than pushing one treatment too far, smaller staged steps can look more controlled. Combinations do not always need to happen on the same day.

1

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- When filler is also considered, first decide whether movement or volume is the main driver.

2

- RF microneedling, mesotherapy, or skin treatments need separate timing.
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3

- Brow-lift expectations depend on eyelid anatomy and forehead balance.
- Repeated treatment should respect onset and fading rather than being too frequent.

Boundary

No treatment is suitable for everyone. Deciding not to treat can also be the medically sound decision.

Physician Review and Consultation Notes

Physician review area

- Medical accuracy and treatment boundaries checked.
- Patient-safety warnings match clinic protocol.
- Product/device wording matches current use and regulatory status.
- It is clear that personal instructions are given during assessment.

Questions to ask

- Which movements will be preserved and which will be softened?
- How do my muscle strength and asymmetry affect dosing?
- When should effect start, and when is review meaningful?
- How will eyelid droop or asymmetry risk be reduced?
- What symptoms need prompt contact, and how do I reach you?

Publication status

Status: physician-review ready draft. Before publication, Dr. Murat Toktamışoğlu should sign off on clinic protocol, product/device names, and personal-instruction language.

Physician signature

Date

Version note

My notes

Printable checklist

Before

- No active infection, wound, or sunburn.
- Medicines and supplements listed.
- Allergies and past procedures noted.
- Pregnancy or breastfeeding disclosed.
- Product or device name will be asked.
- Calendar allows recovery time.
- Photo and follow-up plan will be asked.
- Urgent contact channel is saved.
- Personal instructions will be written.
- Goals and limits are clear.

During

- Area is cleansed.
- Target areas are confirmed.
- Sterile single-use materials are visible.
- Pain, burning, or vision symptoms will be reported.
- Product or device details are documented.
- Comfort pauses can be requested.
- Color, pain, and swelling are monitored.
- No rushed add-on treatment.
- Home instructions will be reviewed.
- Follow-up date will be asked.

After

- Do not rub the area.
- Delay heat exposure and intense exercise.
- Makeup and skin-care timing is clear.
- Track swelling and redness with photos.
- Do not pick crusts or injection marks.
- Mild bruising can be temporary.
- Worsening pain will not be watched.
- Color change will be reported promptly.
- Breathing, swallowing, or vision symptoms are urgent.
- Follow-up appointment is kept.

Follow-up detail

Follow-up timing, photo monitoring, and early contact symptoms should be clear before you leave.

Aftercare Tracker

Date	Redness/swelling	Pain/tenderness	Note
Day 0			
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			

Early contact

- Swallowing or breathing difficulty
- Double vision, blurred vision, or notable eyelid droop
- Widespread muscle weakness
- Severe allergic symptoms

Questions to ask

Questions to ask

- Which movements will be preserved and which will be softened?
- How do my muscle strength and asymmetry affect dosing?
- When should effect start, and when is review meaningful?
- How will eyelid droop or asymmetry risk be reduced?
- What symptoms need prompt contact, and how do I reach you?
- Would skin care, filler, or another plan be more appropriate?

Short glossary

- Botulinum toxin: A medical protein that can temporarily reduce muscle activity.
- Dynamic line: A line that appears or deepens with expression.
- Static line: A line visible even when the face is relaxed.
- Review dose: A small adjustment considered after the initial effect is established.

Final note

This list is meant to improve the appointment conversation; personal decisions require assessment and medical judgment.

SOURCES AND READING NOTES

Informed decisions, measured plans.

Sources were used to check patient-safety framing, pre-procedure discussion points, and recovery language.

1

American Academy of Dermatology Association

Botulinum toxin therapy: FAQs

Used for botulinum toxin safety and patient-preparation framing.

<https://www.aad.org/public/cosmetic/wrinkles/botulinum-toxin-faqs>

2

Centers for Disease Control and Prevention

How to stay safe when getting botulinum toxin injections

Used for counterfeit or inappropriate toxin safety framing.

<https://www.cdc.gov/botulism/prevention/botulinum-toxin-injections.html>

Approval workflow

Physician signoff is required before clinic use.

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