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WHAT TO EXPECT GUIDE SERIES

Botox

What to Expect?

BEFORE · DURING · AFTER

20-PAGE PATIENT GUIDE · 2026

Botulinum-toxin planning that preserves natural expression, onset timing, and safe renewal intervals.

BİLGİLENDİRİCİ

GÜNCEL

GÜVENİLİR

INFORMATIVE

CURRENT

RELIABLE

HA

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How to use this guide

Medical note

This guide does not replace an examination or an individual treatment plan. Medication, surgery, injection, and travel decisions should follow your own clinician's written advice.

Patient Guide

- Read the guide in three phases: preparation, procedure day, and recovery.
- Share reports, medication list, allergies, and previous procedures with your clinician.
- Make expectations concrete with photographs, functional goals, and quality-of-life priorities.
- Use the final checklist to track warning signs and follow-up appointments.

Prof. Dr. Özdoğan approach

- Function and safety come before aesthetic preference.
- The plan is personalised to anatomy, risk, and patient goals rather than a standard package.
- Expected result range, recovery timeline, risks, and alternatives are explained in writing.
- For international patients, travel, language support, secure data exchange, and remote follow-up are planned early.

KVKK/GDPR-compliant handling of medical files and photographs is essential.

Expectation Map

Before

- Muscle strength, expression habit, brow-eyelid position, and prior injection response are assessed.
- Pregnancy, breastfeeding, neuromuscular disease, active infection, or toxin allergy may postpone or exclude treatment.
- Alcohol, intense exercise, aspirin/NSAIDs, and blood thinners may increase bruising; do not stop medication without approval.
- For first treatment, conservative dose and a 2-week review support safer expectation management.

During

- Treatment takes 10-15 minutes; small doses are placed into target muscle points using a fine needle.
- Forehead, glabella, crow's feet, masseter, or neck bands require different dose and point patterns.
- Anaesthesia is usually unnecessary; topical cream can be used for sensitive patients.
- Product lot, brand, and dose are recorded in the patient file.

After

- Small bumps, redness, tenderness, or headache can occur in the first hours.
- For 24 hours avoid massage, intense exercise, sauna, and face-down pressure.
- Effect starts days 3-7; at day 14 symmetry and dose need can be reviewed.
- Renewal is often planned around 4-5 months; repeat under 3 months may raise antibody risk.

EXPECTATION IN ONE SENTENCE

Botox temporarily reduces the excessive muscle activity that creates dynamic wrinkles.

Clinical Picture

- Botox temporarily reduces the excessive muscle activity that creates dynamic wrinkles.
- The aim is not a frozen face, but balanced relaxation that preserves character.
- Effect starts in 3-7 days, settles by 2 weeks, and lasts about 3-4 months in many areas.



CLINICAL CONTENT STANDARD

Prof. Dr. Hasan Ahmet Özdoğan · KBB ve Baş-Boyun Cerrahisi

Internal quality target: 98/100

Pricing is shared in writing after personal assessment, scope, and product/procedure planning.

Who Is a Candidate?

Good-fit profile

- Patients with a clear, examinable need or goal for Botox.
- People willing to discuss expectations through photos, function, and recovery time.
- Patients without uncontrolled systemic disease, or whose condition is stabilised with the relevant specialist.
- Patients able to follow aftercare instructions and attend follow-up.

Pause / reassess

- A goal based only on a social-media filter or copying another person's result.
- Active infection, uncontrolled bleeding risk, or situations where postponement is advised.
- Inability to accept recovery time or attend control visits.
- Seeking a rushed decision without understanding risks and alternatives.

Before: Diagnosis and Goals

- Muscle strength, expression habit, brow-eyelid position, and prior injection response are assessed.
- Pregnancy, breastfeeding, neuromuscular disease, active infection, or toxin allergy may postpone or exclude treatment.
- Alcohol, intense exercise, aspirin/NSAIDs, and blood thinners may increase bruising; do not stop medication without approval.
- For first treatment, conservative dose and a 2-week review support safer expectation management.

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Before: Preparation Checklist

- Note prior Botox dates, brand/dose, and duration of effect.
- Report brow droop, eyelid droop, or facial palsy history.
- State medical goals such as migraine, bruxism, or sweating separately.
- Plan at least 2 weeks before major events.
- Collect ID/passport, previous reports, imaging, and lab results in one file.
- Write medication, allergy, supplement, smoking, and alcohol information completely.
- Plan work/travel around the recovery intervals.
- Confirm companion, transport, and first-night accommodation details.
- Do not stop aspirin, blood thinners, hormones, or regular medication without approval.
- Discuss realistic result photos and examples you want to avoid before the procedure.

Questions to ask at consultation

- Which muscles and how many units are planned?
- Which areas will stay low-dose to preserve natural expression?
- When is touch-up review?
- What renewal interval fits me?
- What is my indication for this procedure; is there a reasonable scenario where I should not proceed?
- Which goals are realistic, and which are limited by my anatomy?
- What is expected in the first 24 hours, first week, and first month?
- Which medications, supplements, or habits should I temporarily change?
- If I suspect a complication after hours, who do I contact and through which channel?
- Which photo angles and follow-up dates will be used for monitoring?

Procedure-Day Flow

1

Admission and identity check

2

Final examination, photos, and marking

3

Anaesthesia / local preparation

4

Procedure performed

5

Early observation and discharge plan

6

Written aftercare and contact channel

For appointment and preliminary review, contact the clinic by WhatsApp or email.

PROCEDURE-DAY REMINDERS

- Fasting or no-fasting rules are confirmed in writing according to anaesthesia type.
- Do not make last-minute medication changes; leave decisions to the clinical team.
- Limit valuables and avoid makeup/perfume where relevant.
- Do not drive after discharge; arrange a companion or transfer.

During

- Treatment takes 10-15 minutes; small doses are placed into target muscle points using a fine needle.
- Forehead, glabella, crow's feet, masseter, or neck bands require different dose and point patterns.
- Anaesthesia is usually unnecessary; topical cream can be used for sensitive patients.
- Product lot, brand, and dose are recorded in the patient file.

Prof. Dr. Özdoğan approach

The key determinant during the procedure is choosing technique by anatomy and safety boundaries, not by trend.

Expected

- Brief stinging or tenderness
- Small redness, bumps, or pinpoint bruising
- Limited same-day return to social activity

Team checks

- Dose, product, and lot recording
- Symmetry and vascular-safety observation
- Written 24-48 hour aftercare instructions

Safety Controls

- Right patient - right procedure - right side/area check.
- Medication and allergy list reconfirmed before treatment.
- Sterility, product/implant lot information, and device safety recorded.
- Specific controls for bleeding, airway, vascular, nerve, or infection risk.
- Written urgent contact and expected-symptom list before discharge.
- Brow-eyelid balance is dynamically assessed before injection.
- Doses are personalised by symmetry and muscle strength.
- Product lot, dilution, and total units are recorded.
- A controlled interval is planned instead of early repeat.

After: First 24 Hours

- Small bumps, redness, tenderness, or headache can occur in the first hours.
- For 24 hours avoid massage, intense exercise, sauna, and face-down pressure.
- Do not rub the area or sleep face-down for the first 4 hours.
- Heavy exercise and sauna wait 24 hours.
- Effect is not immediate; avoid judging asymmetry before day 14.
- Do not stay alone the first night; keep discharge instructions and urgent numbers visible.
- Report pain, bleeding, breathing, or vision symptoms that exceed expectations without delay.

After: First Week

- Effect starts days 3-7 and settles by week 2.
- Excess freezing or asymmetry is reviewed at control.
- Repeating before 3 months is usually avoided.
- Do not delay control visits; early issues are often managed with small adjustments.
- Track swelling, bruising, crusting, or tenderness with photos even when they seem expected.
- Unless instructed, do not massage, press, or self-apply products/medication to the area.
- Small bumps, redness, tenderness, or headache can occur in the first hours.
- For 24 hours avoid massage, intense exercise, sauna, and face-down pressure.

After: Long-Term Follow-up

- Effect starts days 3-7; at day 14 symmetry and dose need can be reviewed.
- Renewal is often planned around 4-5 months; repeat under 3 months may raise antibody risk.
- Hour 0-24: redness and small bumps fade.
- Day 3-7: effect starts.
- Day 14: full effect and touch-up review.
- Month 3-4: movement gradually returns.
- Month 4-5: renewal plan is personalised.

Prof. Dr. Özdoğan approach

Long-term satisfaction depends not only on technical success, but also on photo follow-up, aftercare discipline, and realistic expectations.

Risks and Complications

- Bruising, headache, asymmetry, brow/eyelid droop, temporary weakness, rare swallowing-breathing effects.

Urgent warning signs

- Difficulty swallowing or breathing
- Widespread muscle weakness
- Vision change
- Severe allergic reaction
- Increasing signs of infection

Risk-reduction practices

- Correct muscle analysis
- Conservative first dose
- Day-14 control
- Avoid early repeat

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International patient pathway

- Existing reports, photographs, and medication list are shared through a secure channel.
- After preliminary review, the written plan, risks, and estimated stay are sent.
- Travel is arranged to include control visits; return date is confirmed after clinician review.
- After discharge, symptoms and photographs are followed by WhatsApp or email.
- If needed, a summary can be coordinated with your local clinician.

KVKK/GDPR-compliant handling of medical files and photographs is essential.

Pricing is shared in writing after personal assessment, scope, and product/procedure planning.

Frequently Asked Questions

Does it work immediately?

No; onset is 3-7 days and full settling takes about 2 weeks.

Will I look frozen?

With appropriate dose and placement, expression is preserved; first treatments are usually conservative.

How often is it renewed?

Often 4-5 months for facial areas; it varies by muscle strength and goal.

Is Botox addictive?

It does not cause pharmacologic addiction; maintenance is an aesthetic preference.

What if my brow drops?

Most effects are temporary; dose planning and opposing-muscle balance reduce risk.

Can antibodies develop?

Rarely; very frequent high-dose repeat can increase risk, so intervals are planned.

This material is for patient education; diagnosis and treatment are determined by personal assessment.

Short checklist

- I understand my indication and alternatives.
- I adjusted work/travel plans for recovery time.
- I provided medication and allergy list in writing.
- I saved urgent warning signs and contact channel.
- I added follow-up visits to my calendar.
- I know the standard angles for photo follow-up.
- I understand pricing is written after personal planning.
- I will apply my risk-reduction steps: Correct muscle analysis, Conservative first dose, Day-14 control, Avoid early repeat.
- I will save the discharge note and prescription digitally the same day.
- I can distinguish expected symptoms from urgent warning signs.

Sources and clinical transparency

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SOURCES AND CLINICAL TRANSPARENCY

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- American Academy of Dermatology - Botulinum toxin overview: <https://www.aad.org/public/cosmetic/wrinkles/botulinum-toxin-overview> (accessed 2026-06-10)
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- American Society of Plastic Surgeons - Botulinum toxin safety: <https://www.plasticsurgery.org/cosmetic-procedures/botulinum-toxin/safety> (accessed 2026-06-10)

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Thank You

The goal in Botox decision-making is to bring safe clinical assessment and realistic expectation to the same table.

Next steps

- Prepare current reports and photographs for preliminary review.
- Summarise medication/allergy list and your goal in one message.
- If suitable, a written plan, stay duration, and follow-up schedule are shared.
- Keep this PDF in your personal notes until the control visit.

For appointment and preliminary review, contact the clinic by WhatsApp or email.

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