

EXPERT ADVICE FROM A FACIAL PLASTIC SURGEON

The numerous social events around the holidays inspire people to put their best face forward. We often see patients coming in for “emergency botox” or “emergency filler” shortly before big events, but navigating the best timing can be tricky. Furthermore, some of the issues they wish to address may not be (appropriately) treatable with simple injectables and require a series of treatments that should have been started a few months earlier, or surgical procedures that would require at least a week of recovery.

The overall #1 advice is to consult early and have an idea of what type of procedures you might need. This will allow you to plan accordingly and avoid having the wrong procedures out of last minute “desperation”.

INJECTABLES

- **Botox:** Allow 1 - 7 days to “kick-in” to be ultra safe, allow 10 days in case additional is needed
- **Liquid Rhinoplasty:** Instant results, very rare bruising. Nose may be tender with very slight swelling, but usually only ~ 3 days.
- **Lip Filler:** Lips are very vascular and have a high chance of bruising and swelling. Allow ~7 days.
- **Cheek, Jawline, Chin, Nasolabial and Temple filler:** Instant results, and very rare bruising, esp with cannula injections. Swelling that exaggerates results ~ 3 days. Many like this swelling but if you don’t, allow 5-7 days to be safe.
- **Undereye:** Bruising is very rare with deep cannula technique. Swelling may fluctuate ~5-7 days. Important to UNDER fill this area.
NOTE: A new thin filler can be used closer to the surface with great results in this area, but has higher chances for bruising and bumps for ~7 days. Some cases need both types of fillers separated by 1 week or more, so best to evaluate well ahead.

SKIN TREATMENTS

- **Ablative Lasers:** These give great results, but require from 5 - 14 days of downtime depending on the laser and intensity.
- **Non-Ablative lasers:** These require multiple treatments over several months to see results, but usually 0 - 2 days downtime.
- **Microneedling & RF Microneedling (ie Morpheus)** When done properly with quality devices, and addition of topicals like exosomes or PRP, some results may be evident after 1 treatment, but ideal is 3 times with 3-4 wks btwn. Tightening results from RF takes weeks to months. Allow ~ 5 days before events for redness and dry skin.

SURGICAL

- **Rhinoplasty:** Socially acceptable after 1 week. Most will notice improvement compared to pre-op immediately. Majority of swelling reduces in the first 2- 3 weeks, with on-going refinement for 1 year. This is a very popular procedure over thanksgiving or Winter break to capitalize on time off.
- **Lip Lift:** Although socially acceptable after ~ 10 days, we advise 3 weeks before major events to be safe. Remember, lip filler needs to be dissolved 2-3 weeks prior to surgery.
- **Browlift, Upper & Lower Eyelid surgery:** Some people do very well and may be event-ready in 10 days, but we advise 3 wks to be safe.
- **Deep Plane Facelift:** Socially acceptable after ~10 days, event ready in ~ 4 weeks.

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