

## BOTOX



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Botox is a purified protein that works by blocking the chemical signal from the nerve that causes the muscle to contract. The result is minimized movement of specific muscles in the face and neck, preventing folding of the skin and the formation of wrinkles. Botox combined with fillers, such as hyaluronic acid or collagen stimulating agents, can improve even deeper creases such as those found in the brow area and around the mouth.

Botox has been used for many years to relieve neck and eyelid spasms, but over the past ten to fifteen years, its cosmetic indications and “off-label” uses have continued to expand to include:

- **diminishing the furrows between the eyebrows (glabella)**
- **softening crow’s feet and forehead lines**
- **raising the corners of the mouth**
- **reducing neck bands**
- **controlling localized excessive sweating**

### What is Botox Treatment Like?

Botox treatment takes only a few minutes and requires placement of very small amounts of the protein just under the surface of the skin in the desired treatment areas. Patients report little to no discomfort with each treatment.

### What Should I Expect After Treatment?

There are temporary small raised bumps at the injection sites caused by the fluid placed in the skin, but these clear usually within 30 minutes after the procedure. The skin may be a little red for 30 minutes to 1 day after the procedure, and bruising is not common, but possible, and will resolve as a normal bruise would. **Patients taking vitamin E, blood thinners, aspirin, and ibuprofen are more likely to have bruising with treatment. These medications should be discontinued 10 days before treatment.** Some patients experience a temporary headache lasting less than 24 hours after the treatment. Makeup can be applied immediately after the treatment.

Decreased movement typically occurs within days following the treatment. Its full effect takes up to 30 days to become apparent and usually lasts 3 to 6 months, although over time the results can tend to last longer. Surface lines may take several months to improve and sometimes combination therapy with “fillers” is necessary to improve deeper creases and to achieve best results. Visible results can last up to 4 to 6 months. With continued treatment, results may be more lasting, so we recommend that the first few treatments be done every three months.

Botox has only a local effect wherever it is placed in the skin and does not affect other muscles in the body. Botox does not affect sensation or cause numbness and does not damage the nerve or the muscle.

### Who cannot have this procedure?

Patients with open skin lesions at the planned injection sites, pregnant women, and patients with certain neurological disorders.