



BOTOX® Cosmetic (Botulinum Toxin type A)

In an effort to reduce the appearance of fine lines and wrinkles, many people are turning to BOTOX® Cosmetic. The cosmetic form of botulinum toxin, simply called BOTOX® Cosmetic, is a popular non-surgical injection that temporarily reduces or eliminates frown lines, forehead creases, and crows feet near the eyes. The toxin blocks the nerve impulses, temporarily paralyzing the muscles that cause wrinkles while giving the skin a smoother, more refreshed appearance. BOTOX® Cosmetic has also been shown effective in relieving migraine headaches, excessive sweating, and muscle spasms in the neck and eyes.

The Benefits of BOTOX® Cosmetic:

In clinical trials, nearly 90% of men and women surveyed rated the improvement in the appearance of frown lines between their brows as moderate to better 1 month after treatment. Results vary.

Results can last on average 4 months.

BOTOX® Cosmetic has been used to treat a million people in the United States since it was approved by the Food and Drug Administration (FDA) in 2002 for the temporary treatment of moderate to severe frown lines in people ages 18-65.

The American Society for Aesthetic Plastic Surgery ranked BOTOX® Cosmetic as the most popular of all physician-administered cosmetic procedures in 2002 and 2003.

What are the Side Effects of BOTOX Cosmetic?

There are very few side effects associated with BOTOX® Cosmetic injections. Small bruises or red marks at the sites of the injection may appear but usually fade within a few days. Mild headaches and nausea, though rare, have been reported by patients who receive forehead injections. Some injections can cause mild muscle aches. It is also possible for an adjoining muscle to experience weakness, although this is usually temporary (one to three weeks).

Swelling, though rare, may occur in the area around the injection. If the swelling lasts more than a few hours, simple massage should help reduce it. (Caution: DO not massage the area in the hours immediately following your injection, since this could cause the toxin to spread to adjacent muscles).

After the treatment, you should refrain from vigorous activities for four hours to prevent the toxin from moving to an unwanted area in rare cases. BOTOX® Cosmetic injections around the eye area can cause the eyelid to droop, though this will wear off in two or three weeks. Also, don't massage the area for four hours, but do make expressions that move those muscles.

The BOTOX® Cosmetic Procedure:

For any BOTOX® Cosmetic procedure, your doctor might have you apply ice to the area a few minutes before treatment. This is for two reasons; it causes the vessels in the skin to constrict which helps reduce bruising, and it helps decrease the small amount of pain associated with multiple injections. Ice can be beneficial for the same reasons after the BOTOX® Cosmetic treatment.

Once seated upright, the doctor will have you contract the muscle in the area being treated so that he or she can better target the injection into the muscle. Thus, if you're receiving injections for wrinkles between the eyes, you will be asked to frown.

On average, you'll receive three to ten tiny injections per area. With each injection you will feel a needle prick, then a mild stinging or burning for a few seconds as the toxin flows in to the muscle. Again, depending on the area being treated, you may be asked to gently press a gauze pad against the injection site and/or hold to it for a few minutes.

The whole process takes about ten minutes. As soon as the series of injections is completed, you can go back to your regular activities. As stated above, the doctor will probably ask you to refrain from bending or lying down for approximately four hours after the injections until the toxin has had time to attach to the nerve-muscle connection. You will be asked not to rub the area in order to prevent the toxin from spreading the adjacent muscles.

How Long Does Botox® Cosmetic Last?

Depending on the area being treated, one series of injections generally lasts three to six months (someone new to procedure will be closer to three months), although in some cases the improved appearance can last up to a year. As the toxin wears off, your wrinkles will gradually return, but they won't be any worse than before the treatment. With repeated injections, the effects generally tend to last longer. There is some evidence that after prolonged treatment the affected muscles may become permanently weakened, so fewer treatments will be needed.

What kind of appointment do I need?

Any regular 15 minute appointment will do. However, if you specify you are calling for a 15 minute cosmetic appointment, we will try to make sure we get you in right away!