

# Botox Treatment Information

Botox is a purified protein used to relax overactive muscles. Overactive muscles can cause wrinkles, lines & even asymmetry in facial features. They can also cause spasms or tics, especially around the eyes. Botox relaxes those muscles in a very predictable and safe fashion and works by interfering with the nerve stimulation of those muscles. This has made Botox very popular, in fact the most popular single cosmetic treatment in the United States.

We often use Botox in the upper face to treat the frown lines (glabella), crow's feet and the horizontal forehead lines. It can also be used to raise the brow (by relaxing the muscles that pull it down) and to widen the eye a little bit (by slightly relaxing the muscles that close it). In the lower face we use it mainly to treat the following areas: bunny lines (horizontal across the bridge of the nose), smoker's lines, to raise the corners of the mouth, and to relax overactive "cords" in the neck.

Our goal is to have a more relaxed and pleasant appearance and still be able to show expression. Botox can also be used to complement other cosmetic treatments. For example, if we are doing laser resurfacing around the eyes for lines, then Botox helps the areas to heal over even more smoothly.

Botox has a good duration of effect and generally lasts about 3-4 months in most people. We feel we're retraining the muscles and that's why initially it's best to have treatment about every 3 months and not wait for all the prior muscle activity to return. We've found the overactive muscles become more relaxed for longer periods with subsequent treatments. In fact with subsequent treatments, you may need less Botox in that area. After we've kept the muscles relaxed for a little while, we then spread out the treatments more. So be sure to return on time initially to help retrain those muscles.

We very rarely see a problem with Botox. After treatment it may help the effect to use those muscles a little more over the next 2-3 hours. We try very hard to avoid bruising, but if you do get some, then it's fine to use makeup to cover that. In general it takes 3-7 days for the Botox to take effect. If this is your first treatment with Botox we'd like to see you back in the office in about 2 weeks to check the effect and to see that you did well.

When you return for your follow-up, please tell us about your prior treatment and how that went so we can best tailor therapy for you. When you return it's better if you can avoid aspirin, non-steroidal anti-inflammatories, or Vitamin E since they may cause bruising. Please schedule your return appointment at the front desk so we can continue your Aesthetic Improvement & Maintenance System.

We strive to provide very good service and very good results and we hope you'll recommend us to your friends. If you have any questions at any time, please don't hesitate to ask us. Thank you for making the Advanced Dermatology Center your choice for Complete Skin Care.

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