

Botox – Wrinkle Reduction

What is BOTOX® treatment?

BOTOX® is a natural, purified protein that relaxes wrinkle-causing muscles, creating a smoother appearance. The active ingredient in BOTOX® treatment is derived from bacteria and is manufactured in sterile laboratory conditions.

BOTOX® is a prescription-only medicine administered by a qualified medical professional. It is used for the treatment of forehead lines (horizontal lines that form raising your eyebrows) crow's feet (lines that form at the corner of your eye when you smile), and glabellar lines (vertical lines between your eyebrows when you frown).

How does BOTOX® treatment work?

Botox smoothes out animated lines that are only visible when facial expressions take place by inhibiting the muscles that cause them.

What does BOTOX® treatment involve?

BOTOX® is a non-surgical procedure whereby a small amount of BOTOX® is administered into selected facial muscles using a very fine needle over span of about 10 minutes. Discomfort is typically minimal and brief, and no anesthetic is usually required. The injection may sting for a few seconds but normal activities can be resumed soon after.

After the injection, it takes 3-5 days for the BOTOX® treatment to begin taking effect with its maximum effect taking place on day 7. The dose recommended varies depending on your musculature and the severity of your lines.

How long does BOTOX® treatment last?

The effect can last up to 4 months before lines slowly begin to return. If you have repeat BOTOX® treatments, the effect tends to diminish in length efficacy.

Does BOTOX® treatment cause more wrinkles to form?

It does not cause more wrinkles to form. If you stop treatments your muscles will eventually return to normal and your wrinkles will gradually revert to their pre-treatment levels.



Will facial expression be affected by BOTOX® treatment?

BOTOX® works specifically on the muscles treated with untreated muscle not being affected.

Are there any side effects?

Side effects are usually temporary and localized to the area of injection. Possible side effects include headaches, pain, burning/stinging, bruising, swelling or redness at the injection site, local muscle weakness including drooping eyelids/eyebrows, swollen eyelids, skin tightness, tingling sensations, itchiness, nausea and flu like symptoms.

Other Uses of Botox?

In addition to cosmetics, BOTOX® treatment can also be used to treat muscle spasm in cerebral palsy, migraine headaches, increased sweating of the under arms, palms and soles and chronic muscle aches through trigger point release.

Can BOTOX® treatment be combined with other products and procedures?

Many people use a combination of cosmetic products and/or procedures with BOTOX® such as dermal fillers, facials and IV's.



Pre-treatment instructions:

In an ideal situation it is prudent to follow some simple guidelines before treatment that can make all the difference between a fair result and a great result, by reducing some possible side effects associated with the injections. We realize this is not always possible; however, minimizing these risks is always desirable.

- Patient must be in good health with no active skin infections in the areas to be treated
- Avoid alcoholic beverages at least 24 hours prior to treatment Alcohol may thin the blood which will increase the risk of bruising
- Avoid anti-inflammatory / blood-thinning medications, ideally for a period of two (2) weeks before treatment. Medications and supplements such as Aspirin, Vitamin E, Ginkgo Biloba, St. John's Wart, Ibuprofen, Motrin, Advil, Aleve, Vioxx and other NSAIDS are all blood thinning and can increase the risk of bruising and swelling after injections.
- Schedule your Botox appointment at least two (2) weeks prior to a special event which may be occurring, i.e., wedding, vacation, etc. It is not desirable to have a very special event occurring and be bruised from an injection which could have been avoided.

Post-Treatment Instructions

The guidelines to follow post treatment have been followed for years and are still employed today to prevent the possible side effect of ptosis (drooping of the eyelids). These measures should minimize the possibility of ptosis.

- No straining, heavy lifting, vigorous exercise for 3-4 hours following treatment. It is now known that it takes the toxin approximately 2 hours to bind itself to the nerve to start its work and because we do not want to increase circulation to that area to wash away the Botox from where it was injected.
- Avoid manipulation of the area for 3-4 hours following treatment. (For the same reasons listed above.) This includes not doing a facial, peel or micro-dermabrasion after treatment with Botox. A facial, peel or micro-dermabrasion can be done in the same appointment only if they are done before the Botox.



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- Facial exercises in the injected areas are recommended for one (1) hour following treatment. This is to stimulate the binding of the toxin only to the localized area.
- It can take 2-10 days to take full effect. It is recommended that the patient contact the office no later than 2 weeks after treatment if the desired effect was not achieved and no sooner to give the toxin time to work.
- Makeup **may be applied** before leaving the office.

“You are your most important asset... Invest in Yourself.” ~ Dr. Ivan Rusilko