



What you should know prior to your Botox treatment

Botox

When muscles in the face contract, they cause wrinkles to form in the skin next to it. Over time, these wrinkles can make permanent etchings in the skin. The goal of Botox therapy is to eliminate movement of the muscles and therefore reduce wrinkling of the skin.

Common Areas of Botox Use

<ul style="list-style-type: none">• Ease frown lines between the eyes	<ul style="list-style-type: none">• Minimize wrinkling at the chin
<ul style="list-style-type: none">• Reduce crows feet at the corners of the eyes	<ul style="list-style-type: none">• Ease horizontal forehead lines
<ul style="list-style-type: none">• Lift and/or reshape the brow	<ul style="list-style-type: none">• Minimize vertical lines above the lips
<ul style="list-style-type: none">• Lift a down-turned mouth	

The Botox Tradeoff

Treating one area may cause unwanted effects in another area.

Your face will be less animated as the facial muscles are relaxed.

If lines are permanently etched into the skin, those lines will remain, but be less harsh. Dermal fillers can be used in conjunction to help further soften lines.

We will tailor your treatment to create the best balance between good results and unwanted effects. Starting with small treatments and adding more at 2 weeks can help achieve this goal.

How to Prepare for Your Treatment

To minimize bruising, avoid the following for 48 hours prior to your appointment:

- Red wine
- Aspirin, ibuprofen or naproxen (please speak to your primary care provider if this is advisable for you).
- Herbs and supplements like fish oil, garlic, or ginkgo that “thin the blood”

What to Expect After Treatment

Bruising, tenderness and swelling are possible. The full effect takes place in 2 weeks. You begin to see results in 3 or 4 days. The treatment can last 3 to 4 months depending on how fast your body metabolizes the product.

After Treatment Care

Try to move the treated muscles frequently the first hour to help the product disperse.

Do not bend over or lie down for 4 hours

Do not wear hats or constricting head bands the rest of the day

Do not massage or touch the treated areas for 4 hours

Adverse Events From Botox Treatment

These side effects are not permanent as Botox is metabolized by the body over 3 to 4 months of time.

- Brow drop
- Lid drop
- Asymmetry

The product can diffuse over a larger area affecting muscles unintended by the therapy (very rare). These can be treated by injecting and therefore relaxing opposing muscles