

BOTOX® OVERVIEW & AFTERCARE INSTRUCTIONS

Overview

What is Botox® and how does it work?

Botox® is a highly effective treatment for softening wrinkles and frown lines. Botox® can be used to improve the appearance of wrinkles and expression lines in a matter of weeks. Botox® is not a filler substance; rather, it is a protein that relaxes the underlying muscles. It works by temporarily blocking impulses from the nerve to the muscles that create expression lines or wrinkles.

How is it done?

The procedure only takes a few minutes. No anesthesia is required. A small amount of Botox® is precisely injected into specific locations on the face, neck and/or lips through a tiny microneedle. The discomfort is minimal. You can resume normal activities immediately. It is best to refrain from alcohol one week before treatment. Stop all anti-inflammatory medications (i.e. Advil, Motrin, Ibuprofen, etc.) and aspirin 2 weeks before treatment, as this will minimize your chance of bruising with the procedure. If you take aspirin because you have a history of heart disease or stroke, please consult with your primary physician before stopping aspirin.

When will I see the results and how long will they last?

The effects of Botox® may be visible in 5-7 days. Maximum benefits are reached between 10-14 days. Botox® smoothes out expression lines, giving your face a more youthful and calm appearance. Botox® cannot improve deep wrinkles that are present at rest due to aging and sun-damaged skin. The effects of Botox® usually lasts 4-6 months and then fade gradually. You will need to follow up with treatments 2-3 times a year to maintain your results. Clinical studies show that after receiving treatments over time, there appears to be a longer lasting effect.

What are the side effects?

Temporary bruising is the most common side effect. Headaches, which resolve in 24-28 hours, can rarely occur. In some cases, Botox® can migrate and cause temporary weakness of nearby muscles. In extremely rare cases, there can be a drooping of an eyelid or asymmetry of facial expression. Fortunately, because Botox® is temporary, any side effects only last a short period and are reversible.

Am I a good candidate?

Patients that are pregnant, breast-feeding, or have a neurologic disease should NOT use Botox. It is also important to note that Botox® does not work for all types of wrinkles. However, Dr. Lee often combines Botox® with other cosmetic procedures such as soft tissue fillers to address difficult wrinkles.

Aftercare Instructions

After receiving Botox® treatment:

1. **DO NOT** lie down, recline, or vigorously exercise for at least 4 hours after treatment.
2. **DO NOT** touch or massage the treated area for at least 4 hours after treatment.
3. **DO** use the muscles that were injected for the next 4 hours with the following exercises:
 - **For treatment between the eyebrows:** Squeeze eyebrows together repeatedly.
 - **For treatment of Crow's feet:** Smile repeatedly.
 - **For treatment of the forehead:** Raise your eyebrows repeatedly.

For true emergencies, please call our office immediately to speak with a physician.