



## BOTOX INFORMATION & AFTERCARE

### **Introduction**

Botox is a purified protein toxin produced by the Clostridium Botulinum bacteria. Although Botox is a toxin, there have been no serious side effects. It is used in extremely small amounts in local areas and does not spread throughout the body. An appreciated but little known fact about Botox is that it was first Federal Drug Administration (FDA) approved and used for injection into the delicate eye muscle of patients with crossed eyes. It has since been safe and effectively used since 1989. This treatment has proved successful for both men and women.

### **How is Botox used?**

A few drops of Botox are injected with a tiny needle into the muscle that creates a wrinkle. This blocks the nerve impulses from stimulating the muscle and as a result, the muscle relaxes. As the muscle stops contracting, the skin overlying the muscle relaxes and the wrinkles in the skin soften. Botox is a safe and effective purified protein toxin, which blocks impulses from the nerve the tiny facial muscles that help contribute to more wrinkles. After the treatment, the wrinkles relax along with the muscles while the surrounding untreated facial muscles contract in a normal fashion. This allows normal facial expressions to remain unaffected.

### **How do I prepare for this procedure?**

First, our doctor will take a complete medical history to determine if you are a good candidate for treatment with Botox. She will then perform a complete facial examination to determine which areas of your face may benefit from Botox. Botox can only treat wrinkles caused by muscular contractions. Some facial lines and wrinkles can only be eliminated by chemical peel or laser re-surfacing.

### **Where can Botox be most effective?**

The most common areas are the frown lines between the eyebrows, the horizontal forehead lines, and crow's feet. On occasion, some other areas may be treated as well.

### **Will it give me an artificial appearance?**

Treatment with Botox produces a more youthful and rested appearance, doing away with the lines that form around the upper part of the face. When performed properly, it does not produce an artificial appearance.

### **Is Botox painful?**

There is a small pinch for about 5 seconds. We use tiny special needles to minimise discomfort. Most patients tolerate this quite comfortably. Cold compresses and anaesthetic cream can be used to numb the skin.

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**How long does the procedure take?**

Botox treatments generally take 10 minutes.

**Can I return home the same day?**

Yes. Treatment with Botox is a very simple procedure, which allows you to return home immediately after your procedure.

**How long does a Botox treatment last?**

Allergan, the manufacturer of Botox, states the effects last about 3 months. We have found the effects to routinely last 4 to 6 months. Our patients usually return a couple of times a year for their maintenance treatments.

**Am I a candidate for Botox?**

Yes, if you have furrow between eyebrows, horizontal wrinkles on your forehead, crow's feet around your eyes, a constant angry look or appear stern or too serious or you don't like the way you look in pictures.

**For further information on the procedure, contra-indications for the procedure and after care kindly contact the inclinic doctor.**

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