



Botox® Cosmetic: Patient Information

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Botox® (botulinum A toxin) has been used for nearly two decades in children and adults to improve medical conditions characterized by muscle spasms. Botox® cosmetic is FDA approved for the cosmetic treatment of glabellar frown lines (the wrinkles between the eyebrows). In addition, it has been used widely off-label for the successful treatment of other sites including forehead wrinkles, wrinkles around the eyes ("crow's feet"), upper lip wrinkles, and on the chin, neck and nose ("bunny lines").

Injection of minute amounts of Botox® cosmetic into small muscles of the face and neck cause these muscles to weaken, thereby improving the appearance of the overlying wrinkles, preventing frowning, and resulting in a softer, smoother appearance of the overlying skin.

Treatment Results:

The results of Botox® treatment are usually dramatic with high rates of patient satisfaction. Some residual muscle movement is necessary and natural. The goal is not to appear "frozen" but to look rested and relaxed. Visible results typically develop over 3-10 days. There is a gradual weakening of the treated muscles that is maximal at about 2-4 weeks after treatment. Results typically last 3-5 months and can vary from patient to patient. Treatment with Botox® is not permanent. Over time, as the material is slowly absorbed, fine lines or wrinkles will reappear. Further treatment may be repeated to maintain correction, if so desired. With continued treatment over time, patients often note that their results tend to last longer. After multiple treatments, a majority of patients come in only twice yearly to maintain improvement.

Most patients are very pleased with their results from Botox® injection. However, as with any cosmetic procedure, there is no guarantee that you will be completely satisfied. There is no guarantee that fine lines or wrinkles will disappear completely, or that you will not require additional treatments to achieve the results you seek. Sometimes, the initial correction is just what you wanted but seems to wane quicker than you expected. Other times, the correction is less than what you had hoped for or expected. In either circumstance, additional treatments may be required to try to meet your expectations. Costs for treatment are based upon the amount of Botox® injected.

Over time, alterations in face and eyelid appearance may continue to occur as a result of aging, weight loss or gain, sun exposure, or other circumstances not related to Botox® injections. Although there is some evidence to suggest that continued treatment with Botox® may help to prevent the development or deepening of fine lines and wrinkles, Botox® does not arrest the aging process.

Risks and Complications:

Complications and side effects from Botox® are generally mild and transient. Most people have lightly swollen pinkish bumps at the sites of injection, which generally last for a few hours or less. Other potential side effects include bruising, numbness, irritation, or tenderness at an injection site, and headache. Rarely, an adjacent muscle may be weakened following an injection. This may cause double vision or difficulty in raising the eyelid or eyebrow. This complication can last several weeks or longer and occurs in less than 3% of treatments. If this complication occurs, eye drops can be prescribed to minimize the effect. In a very small number of individuals, the injection is not as effective as expected.

As everyone has slight differences in facial musculature, there may be an uneven appearance of the face with some muscles more affected by the Botox® than others. In most cases, this uneven appearance can be corrected with additional treatment. However, in rare instances, this appearance can persist for several weeks or months. Several treatment sessions may be needed to obtain desired results. Rarely, uncommon reactions have been reported such as headache, flu-like symptoms with mild fever, respiratory problems such as sinusitis and bronchitis, dizziness, nausea, infection, nerve damage, and allergic reaction.



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Botox Pre-Treatment Instructions:

- To minimize the possibility of bruising, non-essential blood-thinning medications or supplements should be discontinued for 10-14 days prior to treatment if possible. These include aspirin, ibuprofen, Advil, Motrin, Midol, Aleve, Excedrin, Alka-Seltzer, vitamin E, green tea, garlic, ginkgo biloba, ginseng, and St Johns wort. Please note that if you have been prescribed aspirin or another blood thinning medication such as Plavix or Coumadin for medical reasons, do NOT discontinue these medications. Please be advised the bruising does not affect the success of treatment.
- Botox® injections are generally very well tolerated with minimal discomfort. The use of a topical anesthetic is optional and generally not required. If you wish to apply a topical anesthetic at home, please notify your physician for a prescription.
- If you are pregnant, breastfeeding, or trying to become pregnant, please alert your physician, as you are not a candidate at this time.
- If you are unable to keep your appointment, please call (802) 879-3742 to cancel or reschedule. Patients will be charged for any missed appointment that is not cancelled at least 24 hours in advance.

Botox Post-Treatment Instructions:

- Do not lie flat for at least four hours after your treatment. After four hours, you may resume your normal activities.
- Don't touch, massage, or in any way manipulate the injection sites.
- In order to minimize redness and bruising, avoid anything that will make your face or body flush such as direct sunlight, exercise, alcohol, hot showers, or spicy foods for 24 hours. If bruising does occur, it will go away in several days.
- You may apply cool water compresses to the treatment sites if they are uncomfortable or red.
- If you develop a headache, Tylenol is permissible. Do not take aspirin or ibuprofen as these agents may increase the risk of bruising.
- To enhance the uptake of Botox®, contract the muscles in the treated area frequently for two to three hours after treatment.
- As every patient has a different facial anatomy, asymmetry of the treatment result can occur with Botox® injections. Sometimes the correction is less than what you had expected or wanes quicker than you had expected. Additional treatments may be required to try to meet your expectations. Please call our office to be seen for follow-up should any of these concerns arise.
- If you develop a droopy eyebrow or eyelid, do not be alarmed. This uncommon side effect is not serious. You should call our office, as there are eye drops that can be prescribed which will alleviate this problem. This problem generally resolves in several weeks to several months.

Contact Skin Deep Medical Aesthetics with any questions or concerns you may have at (802) 879-3742.