

10 Things Everyone Should Know About BOTOX®

BOTOX® has revolutionized nonsurgical treatment for aging, as the injections both relax wrinkles and help prevent new wrinkles from forming. Here are 10 things about BOTOX® we think you should know before you have treatment.

1 GO WITH A PRO

BOTOX® should only be administered by an experienced injector. The training of your injector cannot be emphasized strongly enough! Successful, natural-looking results depend on his or her level of expertise. Before booking a BOTOX® appointment, ask about the injector's medical training and amount of experience with the product.

2 GET READY!

Preparation can minimize your chance of experiencing some mild, temporary side effects from BOTOX®. Even with a skilled injector, there is a chance of bruising and swelling at the injection site. To decrease the potential of these effects, stop taking supplements such as fish oil or Vitamin E one to two weeks before your appointment. Over-the-counter drugs such as ibuprofen and aspirin should also be discontinued. Ask your injector for specific instructions.

3 IT RELAXES, IT DOESN'T LIFT

While BOTOX® can work wonders on wrinkles, it can't do what a facelift does. BOTOX® relaxes the muscles that cause dynamic lines formed by movement; it cannot replace lost volume or muscle tone that contribute to the appearance of aging. Dermal fillers help plump the skin, while a facelift is the gold-standard treatment for sagging skin.

4 STOP 'EM BEFORE THEY START

BOTOX® can prevent or delay the development of wrinkles if a treatment regimen is begun before they appear. BOTOX® treatment is trending upward among patients in their 20s, who have adopted BOTOX® as part of their regular skin care regimen.

5 PATIENCE IS A VIRTUE

The results from BOTOX® injections are not immediate. Unlike some fillers, it can take from 3 to 7 days to reach maximum effectiveness. Occasionally the results are delayed for up to 2 weeks, so if you're planning for a big party, be sure to have a cushion of time between the treatment and your social event.

6 SHARE THE LOVE

While the cosmetic application of BOTOX® is FDA-approved for treating glabellar lines and crow's feet, it is routinely used "off-label" to treat other areas of the face, including forehead creases. It can also be used on the platysmal bands of the neck; applying BOTOX® to the jawline can create greater contour for the jowls.

7 LESS IS MORE

No one wants to have a frozen face! More is not necessarily better—skillfully injected BOTOX® will still allow you to frown or express surprise. On the other hand, you can't skimp on BOTOX® and expect to get the results you want; this is yet another reason to find an experienced injector who can give you honest advice about how much you truly need.

8 HOLD THE COCKTAILS

BOTOX® is not for parties. A BOTOX® injection is a medical procedure and it should be performed in a medical setting. Although many qualified professionals host events for injectables in the safety of their facilities, people should avoid any type of BOTOX® "party" that is not held in a real medical clinic and attended by a trained injector.

9 NOT JUST A PRETTY FACE

BOTOX® is approved to treat a variety of other medical conditions, including excessive underarm sweating, an overactive bladder, and chronic migraines. Singer John Mayer had BOTOX® injections to immobilize his vocal cords during a lengthy battle with inflammation, which allowed them to heal.

10 BUYER BEWARE

You don't pay per wrinkle when you get BOTOX® injections. In fact, fees are usually based on the number of units required for the area being treated. For example, the recommended injection for a woman's glabellar region is 20 to 30 units. If you multiply the number of units by the amount charged per unit, you'll have a realistic price.

La Jolla Cosmetic Surgery Centre has been making people in San Diego more beautiful since 1988. While we were one of the first centers in the world to focus solely on cosmetic surgery, we're also famous for quality patient care and education. Our core values are: commit to safety; communicate and educate; pursue excellence; foster a family spirit; and embrace change together.

