

## BOTOX

Doctors have been using neurotoxins (Botox) for years to successfully treat wrinkles and facial creases by temporarily paralyzing muscles.

### How do Neurotoxins work?

Neurotoxins block signals from the nerves to the muscles. Meaning that the injected muscle can't contract. This causes the wrinkles to relax and soften. Neurotoxins are mostly used on forehead lines, crow's feet (lines around the eye), and frown lines. Wrinkles caused by sun damage and gravity will not respond to Botox. It can also be used for lip lines and for the chin and corner of the mouth and neck.

### How is the procedure performed?

Getting a neurotoxin injection takes only a few minutes and doesn't require anaesthesia. The product is injected with a fine needle into specific muscles with only minor discomfort. It generally takes three to seven days to take full effect, and it is best to avoid alcohol starting at least one week before the procedure.

### How long does the effect of a Botox injection last?

The effects will last three to four months. As muscle action gradually returns, the lines and wrinkles begin to reappear and need to be treated again. The lines and wrinkles often appear less severe with time because the muscles are being trained to relax.

### What are the side effects of Botox?

Temporary bruising is the most common side effect of Botox. In rare cases headaches, which end in 24 to 48 hours, may occur. A small percentage of patients may develop eyelid drooping which is caused by the Botox moving around. This usually ends within three weeks. As a precaution, the treated area should not be rubbed for 12 hours after injection. Patients should not lie down for one hour after the procedure.

### Before and after:

