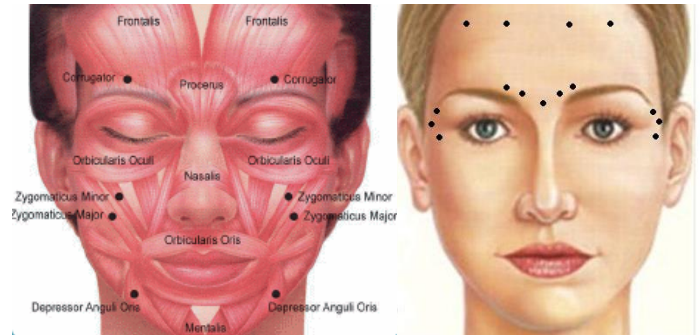


Considering Neuromodulators (Botox®)?

Let us help address some frequently asked questions!

What are neuromodulators?

Botox®, also known as a neuromodulator, is a purified protein produced by the bacterium *Clostridium botulinum*. When these proteins are injected into specific muscles, it results in muscle relaxation and softening of the lines or wrinkles that the muscle action has formed. Other similar molecules include Dysport and Xeomin.



What benefit can I expect from this treatment?

Neuromodulators are a very safe and effective way of improving the appearance of dynamic facial wrinkles, which are the lines caused by facial muscle activity. While they can be injected into many areas, they are most commonly used to relax expression lines in 3 areas of the upper face:

1. Glabella (area between eyebrows)
2. Forehead
3. Periocular ("Crow's feet")

For folds of the lower face (such as the nose, lip, and chin areas), and for hollowness of the lower eyelid and cheek areas, improvement is best achieved with injectable fillers. Feel free to ask your dermatology expert about these alternative options if you are interested in addressing problems in these areas.

When will I start seeing results, and how long do they last?

The effects of neuromodulator injection **do not occur immediately**. Some response is usually seen within 2-7 days after injection, but the full effects of injection may take up to 10-14 days. Do not worry if your results appear asymmetric in the first week; different muscles will respond at different rates, so it is best not to "judge" your results for at least 10 days. Muscle action and wrinkles will typically return in 3-6 months. In general, the smaller the dose of Botox injected, the faster the results will wear off. Because Legacy Dermatology strives for very natural-appearing outcomes, we tend to injection smaller doses; this means you will pay less with each treatment (fewer units = lower cost!) but likely will need retreatment within 3-4 months to maintain muscle relaxation and line softening.



Is there any downtime to the procedure? What are my post-procedure instructions?

Usually, there is little to no downtime after Botox injection. Immediately afterwards, you may have some localized swelling and redness at the injection sites, which usually recedes within a matter of minutes to a few hours (occasionally lasting over 24 hours). Most people go right back to work or their next event without any noticeable changes to their appearance, and sunscreen and **makeup can be applied immediately afterward**. You may also have a small amount of bruising at one or more of the injection sites. These bruises are usually small and easily covered with camouflage makeup. The risk of bruising increases with use of the following substances, so if possible, **it's best to avoid these for 5-7 days prior to your injection and for 2 days after: Vitamin E, aspirin, ibuprofen (Motrin), naproxen (Aleve), other NSAIDs, garlic supplements, green tea and extract, ginkgo, St. John's Wort, and alcohol (>1 drink/day)**. For at least 4 hours after your injection, you will need to avoid lying down, bending over, or applying pressure to the injection sites (including no face-down massages, Clarisonic usage, or facials). It is best to avoid vigorous exercise for the remainder of the day of injection.

What are the risks of this procedure?

Possible common side effects include: mild pain during injection; transient headache; injection site swelling, bruising, itching, or numbness; twitching; and asymmetry. Other rare side effects include flu-like symptoms & temporary drooping of eyelids or eyebrows. In a very small number of individuals, the injection does not work as satisfactorily or for as long as usual.



Will Botox completely get rid of my wrinkles?

It depends on the type of wrinkles you have. Understand that Botox works to relax “dynamic wrinkles”, which are the wrinkles that appear when you move your facial muscles (such as when raising your brows, smiling, or grimacing). Using Botox to lessen the intensity of these muscle contractions makes these dynamic wrinkles look less pronounced. Botox *does not* help with “static wrinkles,” which are the etched-in, crack-like lines that can become present after years of repetitive facial movements. If you have static wrinkles, these can be softened with carefully and expertly-placed filler injections, laser resurfacing procedures, chemical peels, and/or skincare products. Once the static wrinkles are corrected, they can be prevented from coming back by maintaining Botox treatments in the area.

Why might I need a touch up?

Because every person’s facial anatomy is different, and because your muscle’s uptake of the product can differ with each treatment, it can be difficult to precisely predict a patient’s ideal dose for each injection site. The main risk of Botox is “dropping the brows,” which is drooping of the eyebrows due to over-relaxation of the lateral forehead, resulting in eyelid and eyebrow heaviness and sagging (see photo on right). People most at risk for this unpleasant outcome include those with short foreheads, hollow temple or forehead fat pads, heavy or saggy eyelids at baseline, or those who are more advanced in age, as these patients tend to subconsciously rely heavily on using their forehead muscles (frontalis) to hold up their brows. (While this outcome is annoying, fortunately the effects begin to improve with 3-4 weeks and fully resolve within a few months.)



To avoid the risk of dropping your eyebrows, your injector may opt to “err on the safe side” and inject only a very small dose of Botox to the upper lateral (sides) of your forehead, the aspect of the forehead most responsible for holding up the brows. Usually this will result in a great result, but if the dose proves to not be quite high enough, the result is a strange-looking eyebrow appearance, fondly known as a “Spock brow” (see photo on left). Fortunately, a Spock brow is very easy to correct with a simple touch-up injection performed 10-14 days after your first treatment. Remember, we can always put more Botox in, but we can’t take it out once it is in place, so we prefer to err on the side of dosing conservatively, with the understanding that a touch-up visit may be needed.

How much does the treatment cost?

It depends on the amount of product you will need, which will depend on the # of areas you would like treated, the strength of your muscles, and the time since your last treatment. The price can vary from as little as \$200 to the \$800-\$1000 range. If you are interested in a consultation and a price quote, feel free to ask!

Note: the above information is provided to ensure your full informed consent prior to undergoing this treatment. After your review and acknowledgement of this information, a formal signature of your consent will be obtained in our Electronic Medical System prior to performing your procedure.