



## Botox – Frequently Asked Questions

**What are neuromodulators?** Neuromodulators are a treatment for wrinkles caused by repeated movements. The most commonly treated areas include:

- Lines around the eyes, known as crow’s feet, caused by squinting or smiling
- The horizontal lines across the forehead caused by raising the eyebrows
- The lines and folding of the skin between the eyebrows (glabella) caused by frowning
- Downward turning of the mouth (DAO), and
- Neck bands (platysma)

**Are they safe?** Yes! They have been available for 20 years, and have been used to treat many diseases. In fact, it is used in children as young as 2 years old to treat cerebral palsy. It has been proven to be very safe through extensive testing and research.

**Will it poison me?** No, it is not toxic to you and it is not a poison. The product is a natural, purified protein, not the bacteria that causes botulism. It is an approved drug that is used in very tiny doses and it comes from a naturally occurring bacterium – similar to how Penicillin comes from mould.

**How do I know it won’t be toxic to me?** Typically for a cosmetic treatment, you may receive fewer than 100 units. To make someone remotely sick, you would have to receive OVER 35 times this dose all at one time, intravenously, which would NEVER happen.

**How does it work?** Neuromuscular blockers work by simply relaxing the muscles underneath the skin to create a smooth and refreshed appearance.

**How long does the procedure take?** Generally, after the consultation, the procedure only takes up to 15 minutes. Since there is no down time, you can get right back to your day!

**How quickly does it work?**

It can take up to 2 weeks for the product to take full effect. Usually, we ask patients to wait for the full 14 days to pass in order to see the full result.

**How is it done?** It is injected with a very tiny needle (it only feels like a little pinch).

**How long does the effect last? Is it permanent?** No, it is not permanent. The results will last 3-4 months on average but everyone is different. If you follow the directions give to you by your injector and book your first 3 treatments promptly every 3-4 months (without waiting in between), you may eventually be able to increase the duration of the results (4-6 months).

***Does it hurt?*** Most patients say that the injections feel similar to a little pinch, although everyone is different. Following a treatment we often hear patients remark “is that all?”!

***Is it going to be worse when it wears off?*** No! Your face will never get worse if you stop using neuromodulators, or when it wears off. They “stop or slow” the clock of aging. When you stop receiving treatments, the “aging clock” will resume as normal. At the very minimum, you will simply return to where you started. If you use neuromodulators for a number of years and then stop – your muscles learn to relax and therefore you will end up looking a little better than you did when you originally started.

***How much does it cost?*** The cost of treatment varies by each patient, but a personal consultation can give you the exact amount. The cost can commonly range from \$300 and up depending on the area being treated.

***I don't want to look like a mask without expression – will that happen?*** No! Your injector will ensure that you get the look you want – as natural as you want. Most people simply want to look natural, relaxed and refreshed, without looking “done”. In the experienced hands of the professionals at our clinic, patients typically say that no one knows that they had anything done. Friends simply say that they look well rested and great!

***What is a Unit?*** A unit of a neuromodulator is simply a very tiny measurement of a medication. The exact number of units you require (to achieve the desired result) will be discussed during your confidential consultation. For example, to treat the glabella (frown lines between the eyebrows) usually requires 25-50 units.

***What are the side effects?*** Side effects are rare and are not permanent. Rarely, there can be some minor bruising (which is easily covered up with makeup) or a slight short-term headache. Most patients do not experience any side effects at all.

***I have heard that you can get a drooping eyelid – is this true?*** Yes, but it is a very rare side effect. The incidence of this side effect is less than 1% and will last from only a few days to a few weeks. Most patients do not experience any side effects at all.

***Where does it go in my body?*** This medication stays local in the muscles that are injected. After the injections, it is simply metabolized and broken down into natural by-products within a few hours.