

MINNEAPOLIS PLASTIC SURGERY, LTD.

763-545-0443 (24 hours)

If answering service does not pick up call 952-653-0784. In an EMERGENCY call 911

BOTOX EDUCATION SHEET

WHAT IS BOTOX?

Botox is a natural, purified protein that is produced by a bacterium, Clostridium Botulinum. This purified protein, when used in tiny quantities during clinical practice, is safe and effective for paralyzing muscles that cause wrinkles.

WHAT IS THE HISTORY OF BOTOX?

In 1949, scientists from London discovered that Botox blocked nerve function. A San Francisco ophthalmologist first used Botox to treat eye disorders in humans in 1981.

HOW DOES BOTOX WORK?

Botox binds to the receptors in the muscle fibers that contract and cause lines or creases. New receptors form constantly, which is why Botox lasts differently in different patients. Freshly prepared Botox is essential for best (longest) response.

HOW MANY TYPES OF BOTOX ARE AVAILABLE?

Seven distinct types of Botox, A through G, exist. Botox Type A is the most studied and widely used. Botox Type A is marketed for use in the U.S. as Botox Cosmetic. Other brands of Botulinum Type A include Dysport and Xeomin.

WHAT ARE THE THERAPEUTIC USES OF BOTOX?

Botox is used for many conditions, especially neurological disorders. These include neck spasms, involuntary facial spasms, eye muscle disorders and headaches, to name a few. Cosmetic uses include facial wrinkles, “crow’s feet,” and rejuvenation of the aging neck. Botox can also block sweating, and may reduce migraine headaches by blocking muscle “trigger points.”

HOW LONG DOES BOTOX TAKE TO WORK?

Most patients see improvement in 2-10 days. A very small percentage of patients will not see improvement with Botox despite retreatment.

HOW LONG DOES BOTOX LAST?

Results last up to 4 months in most cases, but 2-6 months in the range.

IS BOTOX SAFE?

The effects of Botox are usually confined to the areas injected. The FDA has approved Botox Cosmetic for the temporary improvement in the appearance of moderate to severe glabellar (frown) lines and “crows feet.” Treating other areas is considered off-label for the time being.

WHAT ARE THE SIDE EFFECTS OF BOTOX?

It is unlikely that you will experience any significant side effects, but you may notice bruising at the injection sites. This is temporary and can be covered with makeup. The most common side effects are headache (13.3%), respiratory infection (3.5%), eyelid droop (3.2%), nausea (3.0%) and flu symptoms (2.0%).

IS THE TREATMENT PAINFUL?

Most patients compare the injection sensation to a bee sting. The number of injections depend on the areas treated. There is no discomfort after injection. Overall, any pain is minimal and temporary.

HOW LONG IS RECOVERY?

Most patients go right back to work or continue their activities immediately after the procedure. Makeup can be reapplied immediately after treatment. Rare severe bruising or swelling can occur.

WHO SHOULD NOT USE BOTOX?

Patients who are pregnant, breast feeding or have the following conditions should not use Botox: Myasthenia Gravis, Lambert-Eaton Syndrome, Amyotrophic Lateral Sclerosis (ALS), or other motor neuropathies. Botox should not be used in patients with a known allergy to Botox protein, or human albumin.

CAN I DEVELOP A RESISTANCE TO BOTOX?

It is unlikely, but 3-10% of patients may develop a tolerance to Botox A.

SUMMARY

Botox A is a relatively simple and safe procedure that takes approximately 10 minutes. It targets the muscles responsible for wrinkles and temporarily relaxes these muscles. Once the muscles are at rest, the skin becomes smoother and looks more relaxed. It takes several days to take effect and lasts several months. Side effects are rare. Botox combined with fillers (Restylane, Juvederm, Perlane) may be recommended for deeper wrinkles that remain after optimal Botox response.

Please ask your doctor if you have any questions about Botox Injections for cosmetic use.

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BOTOX POST-TREATMENT INSTRUCTIONS

- Activate treated areas by frowning, squinting and raising your eyebrows frequently over the next 2-3 hours.
- ❖ **DO NOT** rub or massage the treated areas. This can increase risk of eyelid droop.
- ❖ Keep your head elevated for 2-3 hours after your treatment. **DO NOT** exercise for 24 hours. **DO NOT** have a massage or facial right after receiving Botox.
- You may apply ice to the treated areas to decrease swelling.
- You may experience a mild headache after the treatment (13% of patients) which usually resolves quickly. You may use Tylenol if you are not allergic to it. Aspirin, Motrin or similar products are not recommended (can increase bruising).
- You may cover the treated areas with makeup, if needed.
- You may shower or bathe after your treatment.
- Most results are noticeable within 3-5 days; however, it may take up to 2-3 weeks. Not all patients respond to Botox.
- Do not hesitate to call the doctor's office if you have any questions.

PHONE: 763-545-0443