

BOTOX® Therapy for Lines and Wrinkles

Krauss Dermatology, Wellesley, MA

1. What is BOTOX®?

Botox is an excellent treatment for lines and wrinkles of the forehead, brow (frown lines) and crow's feet areas. This medication is able to relax the muscles that cause these lines, eliminating deep furrows that can make you look angry and tired. In many patients the eyebrows are raised by the procedure, often called the "nonsurgical brow lift." In selected patients, Botox may be used in the upper lip to relax vertical lines, along the jawline to improve the corners of the mouth, and in the neck to relax vertical bands. Results are more variable in these areas. Botox has been used in medicine for almost 2 decades on thousands of patients with an excellent safety profile.

2. When will I see results?

It takes 2 to 4 days for the frowning, squinting and forehead muscles to relax after the initial injection. Although fine lines often disappear immediately, deeper furrows may take longer to fade away. In older patients or very deep wrinkles, lines will be improved but not completely eradicated.

3. How long will the results last?

Benefits initially last about 3 to 4 months. With continued treatments, the duration of muscle relaxation generally becomes longer. Some patients can eventually wait 6 months or longer between treatments.

4. Are there risks to the procedure?

Transient bruising at injection sites can occur, particularly if you have had aspirin or ibuprofen (Advil, Motrin) within 1 week, or alcohol within 48 hours of treatment. Occasional brief tenderness or headache may result for a few hours, and rarely longer. Mild, temporary eyelid or eyebrow drooping can last 2-3 weeks or longer and may occur in about 1 percent of patients. Extremely rare side effects include temporary double vision, reduced blinking resulting in corneal injury, allergy and development of antibodies which may decrease the duration of results for future Botox treatments. Although Botox contains purified human albumin, there have been no reported cases of viral disease transmission.

5. Who should not be treated with Botox?

You may not be treated with Botox if:

You are pregnant or nursing.

You are allergic to benzyl alcohol.

You have neuromuscular disease (such as myasthenia gravis).

You are taking aminoglycoside medications (Streptomycin, Neomycin, Gentamycin)

Patient Instructions for Botox

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Pre-Treatment Instructions

1. Avoid aspirin for 10 days, ibuprofen (Motrin, Advil) and Vitamin E for 5 days prior to the procedure, because these medications will make you more likely to bruise. If you have been prescribed one of these medications, ask your doctor before you stop taking it. Tylenol will not cause bruising and is preferred for the week prior to treatment.
2. Alcohol is also a blood thinner and should be avoided for 2 days prior to the procedure to minimize bruising.

Post-Treatment Instructions

1. Do not lie down or bend over for 4 hours after Botox treatment.
2. Refrain from vigorous exercise for the rest of the day (walking is O.K.).
3. Utilize the muscles injected every 5 minutes for 60 to 90 minutes to enhance Botox absorption and action. Do this by squinting, frowning, and/or lifting the eyebrows (depending on the area treated).
4. Do not massage or manipulate the treated area on the day or evening of treatment. You may wash your face normally.
5. If you experience a headache, you may take Tylenol (acetaminophen) or Advil/Motrin (ibuprofen) immediately after the procedure. Wait until the next day to take aspirin to minimize bruising.