



Botox Basics

Botox is a neurotoxin. In addition to Botox, you may also heard of Dysport, Xeomin, and Jeverau. All of these injectable toxins are used to relax the muscles which in turn will smooth out existing wrinkles or even prevent formation of new ones.

The effect of these toxins lasts anywhere from 3-6 months. It takes about a seven days to two weeks to see results, with Dysport usually being the faster acting agent out of all the neurotoxins. If you are attending an event I suggest that you get the injections at least two weeks prior, just in case there is bruising that will need time to resolve.

If you have deep lines that are present even when you are not making expressions, most likely they will not go away with Botox or other toxin treatment. It took years for those lines to form, it will take time to correct them. Some wrinkles will benefit from combination treatment of additional filler, laser, microneedling, or chemical peels.

Side effects of the cosmetic injections can vary from the expected bruising, swelling, and some tenderness, to droopy eyelids, heavy/low brows, and asymmetry.

When should you start getting the injections? This is a very individual question and is patient dependent. I have girls in their early twenties getting it done because they have genetic deep lines setting in on their foreheads and I have men and women in their fifties coming in to get it done for the first time. Here is what you should do before\after your appointment.

Pre injection

- Avoid taking blood thinners, such as Aspirin and Ibuprofen 7-5 days before your appointment, unless you have a medical condition and advised to take these medications by your medical provider.
- A week to five days prior to your appointment avoid taking garlic supplements, Omega-3, and vitamin E, as they can thin your blood and increase the chance of bruising.
- You can start taking Arnica supplements 3 days before the appointment, unless otherwise directed.
- Avoid drinking alcohol 24 hours before your appointment.
- Come to your appointment without make up.

- Let me know if you are a smoker, pregnant, nursing, have clotting disorders, or other medical conditions.
- Be prepared to have your before pictures taken. I will not perform any procedure without it.

Post injection

Swelling, bruising, and some redness is expected. If you have any questions or concerns you can always call or come in for a visit.

- Apply ice for 5-10 min every 2-3 hours if you were directed to do so by your provider.
- You can take Tylenol(Acetomenophen) for any pain discomfort.
- Don't massage the treated area.
- Consuming fresh pineapple or pineapple juice may help with swelling and bruising because it contains a substance called bromelain, which reduces inflammation.
- Avoid taking a hot shower within 24 hours, warm will do just fine.
- Don't go to the gym for 48 hours. This will help prevent diffusion of a neurotoxin to a large area and prevent worsening of the swelling.
- Don't get a facial for 24 hours.
- Don't go to a sauna for 24 hours.
- Schedule a follow up in 7-10 days. At the time of follow up we will evaluate your results and if necessary do a touch up treatment.

If you want to know everything there is about Botox, I suggest The Botox Book by Michael A.C. Kane, MD. He is a famed plastic surgeon in New York City. His book will be an interesting read for those interested in aesthetics, but also those who are interested in getting Botox injections.

Click [Make an Appointment](#) button to schedule your complimentary consultation with me.