

BOTOX

OVERVIEW

Botulinum toxin type A is a neurotoxin that blocks messages between muscles and the nerves that control them. Botulin toxin injections involve a series of small injections in order to weaken the chosen muscles. Weakening of the injected muscles begins to be apparent after 2-3 days with the peak effect being reached after 7 days. Results can last 3-6 months. The procedure can be repeated after 3 months; however, injections given less than 3 month intervals may reduce the efficacy of the injections.

USES

The FDA has approved the use of Botulin toxins to treat facial muscle dystonias (spasms), strabismus (crossed eyes), and to temporarily soften facial rhytids (wrinkles), and treatment of headache

COMPLICATIONS

- Minimal bruising, swelling and marks from injections are all short lived and typically don't last longer than 48-72hours.
- Infection, allergic reactions including granulomas, scar or pigmentation is very rare
- Under correction (not enough effect) or overcorrection (too much effect)
- Loss of lines of facial expression
- Facial asymmetry (one side looks different than the other)
- Paralysis of a nearby muscle leading to: droopy eyelid, double vision, inability to close eye, difficulty whistling or drinking from a straw
- Generalized weakness
- Permanent loss of muscle tone with repeated injection
- Flu-like syndrome or respiratory infection
- Nausea or headache
- Development of antibodies to Botulin toxins

CONTRAINDICATIONS

- Unrealistic expectations
- Known allergy to previous botulin injections or albumin
- Pregnancy and breast-feeding
- Skin infection
- Any condition that has led to muscle weakness at the site of the injection; or have Eaton-Lambert syndrome, Lou Gehrig's disease, or myasthenia gravis or other neurological problems

POST TREATMENT

- For 4-6 hours after treatment you will want to remain upright. Do not lie down, exercise, or massage the treated area as this can cause the Botox to migrate into undesired areas.
- You may wear make-up 6-12 hours after a treatment.
- refrain from taking of doses of vitamin E, ginger, Gingko Biloba, ginseng, garlic, and aspirin or aspirin-like products for several days pre-and post treatment, as this may increase or cause bruising.
- If you experience a headache, Tylenol, Motrin, cool compresses, and dimming the lights may help to relieve the pain. People who suffer headaches often report that they have fewer headaches after Botox treatments.