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Botox Treatments Frequently Asked Questions

What Is Botox Cosmetic?

Botox Cosmetic is a purified protein produced by the *Clostridium botulinum* bacterium. It is a nonsurgical, physician-administered treatment that can temporarily reduce moderate to severe frown lines between the brows, around the eyes and other specialized areas of the face in people 18 to 65 years of age. During treatment, very low doses of Botox are administered via a few tiny injections directly into the muscles that cause those stubborn lines. The treatment is usually done in about 10 minutes, and no recovery time is needed. Within days, you may see an improvement that can last up to 4 months. Results may vary.

How Does Botox Work?

Those moderate to severe dynamic frown lines form over time as the result of muscle activity. Botox is injected directly into the muscles. It works by blocking the transmission of nerve impulses to the injected muscles; this reduces the activity of the muscles that cause those persistent lines to form.

When Will I See Results From A Botox Treatment?

Within days, you may see a marked improvement in the moderate to severe dynamic frown lines. Lines continue to improve for up to a month, and results can last for up to 4 months. In clinical trials, nearly 90% of men and women rated the improvement in their appearance as moderate to better one month after treatment. Results may vary.

How Long Does Botox Last?

Results from treatment with Botox can last for up to 4 months. Initially, most people require a repeat injection every 3 months to maintain the effect. However, after 3-5 injections, the effect may last longer and repeat injections may only be required every 6-12 months. If you discontinue treatment, the frown lines gradually will look like they did before treatment.

Is Botox Treatment Painful?

Discomfort is usually minimal and brief. Prior to injecting, the area may be numbed with a cold pack or anesthetic cream. The entire procedure takes approximately 10 minutes.

Who Should Not Use Botox?

Botox should not be used in the presence of infection at the proposed injection site(s) and in individuals with known hypersensitivity to any ingredient in the formulation. Botox is NOT recommended for:

- Persons allergic to human albumin or botulinum toxin;
- Pregnant or breast-feeding women; and
- Persons with neuromuscular disorders such as ALS, myasthenia gravis or Lambert-Eaton syndrome.

Will I Experience Any Side Effects?

The most common side effects following injection include temporary eyelid droop and nausea. Localized pain, infection, inflammation, tenderness, swelling, redness, and/or bleeding/bruising may be associated with the injection.

Will My Facial Expressions Continue To Look Natural?

Although the results are visible, a treatment with Botox will not radically change your facial appearance or make you look as if you “had work done.” The muscle activity that causes frown lines is simply reduced, so you can still frown or look surprised without the wrinkles and creases between your brows, around your eyes or on your forehead.

What Instructions Should I Follow After Treatments?

Do not rub the injection sites, as this may spread the solution to adjacent muscles. Do not lie down for 4 hours, for the same reason. Exercise the muscles by doing the full range of animated facial expressions (raise your brows, furrow your brows and frown deeply, smile, etc.) every 15 minutes for 1 to 2 hours. Botulinum toxin attaches better to active muscles. A small number of people will require a higher dose than that given with the first treatment to obtain an effect. If you have seen no improvement after 2 weeks, please call us and a touch-up can be scheduled.