

BOTOX TREATMENT GUIDELINES

By Shaun Patel, M.D.

Botox is a non-surgical cosmetic treatment for wrinkles. It works by relaxing the muscles that create these wrinkles.

Dr. Patel offers Botox injection for the following indications:

- Frown lines
- Crow's feet
- Horizontal forehead lines
- Vertical lip lines
- Bunny lines
- Gummy smile
- Downturned corners of mouth
- Chin dimpling
- Jawline definition
- Masseter hypertrophy
- Platysmal bands
- Facial asymmetry

IMPORTANT PRE-TREATMENT INSTRUCTIONS FOR BOTOX:

1. Avoid wearing makeup to your appointment.
2. To reduce the chance of bruising, avoid blood thinners such as those listed below for 1 week prior to your treatment. Importantly, do not stop any prescription blood thinners or other medications (even Aspirin) if prescribed by a doctor.

- Fish oil
- Aspirin
- Pain relievers such as Advil, Motrin, Ibuprofen, and Aleve
- Coumadin (get prescribing physician approval first)
- Vitamin E
- Ginger
- Ginkgo biloba
- Other herbal supplements known to increase risk of bruising

3. If you have ever had a cold sore, please notify Dr. Patel prior to your treatment.

POST TREATMENT INSTRUCTIONS FOR BOTOX:

1. Avoid alcohol intake for 24 hours after your treatment.
2. Avoid heavy exercise or excessive heat (sauna, hot tub) for 24 hours after your treatment.
3. You may apply makeup immediately after treatment.

SIDE EFFECTS FROM BOTOX:

Stinging: Some patients develop stinging at the injection site for a few minutes after the treatment.

Swelling, tenderness: Some patients may experience some swelling or tenderness at the injection sites after treatment. This will resolve on its own within a few days.

Headache: Some patients report a headache after Botox injection. The headache usually resolves on its own within a few hours.

Redness: You may notice some redness at the injection sites for a few hours after treatment, which will resolve on its own. You can apply makeup immediately after the treatment to minimize this redness should it occur.

FREQUENTLY ASKED QUESTIONS ABOUT BOTOX:

How does Botox work?

Botox reduces the contraction of muscles by interfering with the transmission of signals at the nerve muscle junction. When the muscle can no longer contract, the wrinkles soften and relax.

How many treatments are required to see results?

Usually, only one treatment is necessary. Dr. Patel prefers to see all first time Botox patients for a 2 week follow-up appointment at which time he will determine whether the dose was adequate. He will document the correct dose in the patient's medical record and use this dosage at future Botox treatment sessions.

How much social downtime is required?

None. We consider Botox a lunchtime procedure. You can apply makeup immediately after the treatment to cover up any redness.

When will I start seeing results from my Botox treatment?

Usually within a week but it can take up to 14 days to see the full results of your treatment.

How often should I get Botox?

For most patients, the results of Botox last somewhere between 3-4 months. Dr. Patel usually recommends that his patients come in for Botox treatment 3-4 times a year.

How many units of Botox are required?

Every patient is different with the dosage required depending on the specific area being treated, the total number of areas being treated and the strength of your

individual facial muscles. In general, men usually require higher dosages than women.

Here is a list of average dosages used by Dr. Patel.

Indication:	Dosage:
Frown lines	16-24 units
Crow's feet	12-24 units
Forehead lines	6-10 units
Gummy smile	4-6 units
Vertical lip lines	4-8 units
Bunny lines	4-6 units
Gummy smile	4-6 units
Downturned corners of mouth	4-6 units
Chin dimpling	4-6 units
Jawline	8-10 units per side
Masseter hypertrophy	15-25 units/masseter
Platysmal bands	8-14 units/band

If you have any additional questions or concerns, please do not hesitate to call our office.