

DERMATOLOGY + PLASTIC SURGERY

For Your Best Self

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BOTOX OR DYSPORT OR XEOMIN INJECTION INFORMATION SHEET

What is Botox Cosmetic (or Dysport or Xeomin)? It's a nonsurgical injection procedure that softens the lines between your brows, next to your eyes, and even around your lip. Dr. Saluja also uses Botox to relax chin dimpling, and along the jawline and the neck for subtle jawline & neck rejuvenation. The natural, purified protein injection relaxes the muscles that cause unwanted facial expression, certain wrinkles, and neck aging. The goal is to look refreshed and less angry, less tired, and/or less sad. "Sprinkles of Botox" can be used for prevention of wrinkles or a subtle refreshed look.

What is a BOTOX Cosmetic (or Dysport or Xeomin) procedure like? It's a 10-minute treatment that consists of tiny injections. The injection "bumps" subside within 20 minutes. Exercise the injected muscles (e.g. practice frowning, squinting, raising your eyebrows) for 15 minutes after the treatment. Do not massage or manipulate the injected site for 4 hours. If possible, stay in an upright posture; do not lie down, exercise, or get overheated for at least 4 hours.

Is the procedure painful? Most patients compare the sensation to a bug bite. Overall, the discomfort is minimal and temporary. Anesthesia is not needed. Ask about a topical anesthetic cream or ice packs if you think you'll need them. You may take Tylenol or Ibuprofen if you have a headache.

When will I start to see the results and how long will the effects last? You should begin to see improvement within a few days, but sometimes, optimal results can take up to 2 weeks to be seen. The effects of BOTOX or Dysport or Xeomin last up to 3 months. When the effects wear off, BOTOX or Dysport or Xeomin injections are repeated.

Will I experience any side effects? There are no known permanent side effects, only temporary ones. You may notice bruising at the injection sites. This can be covered with makeup. Avoiding aspirin and related pain medications, as well as vitamin E & fish oil, for 1 week prior will decrease bruising. Forehead line injections cause brow heaviness in some patients. Sometimes, other facial lines or normal facial veins appear more prominent when treated lines are improved. Other less common side effects are injection site discomfort, headache, injection site numbness or dullness, muscle twitching or asymmetry, temporary eyebrow/eyelid droop (1-2%), double vision (very rare), flu syndrome (very rare), and nausea (very rare).

Will my facial expressions look unnatural? The goal is to not radically change your facial appearance. Sometimes, adjustment injections are necessary at 1-2 weeks after your initial treatment. Customizing your treatments so that they are optimal for you means giving us the opportunity to adjust the injections over time based on your results and what you liked or didn't like about them. And, remember, we are all asymmetrical so our sides do not exactly match.

What else helps? For best results, fillers and at home skin care complement Botox treatments. We recommend applying anti-oxidant (vitamin C 15-20% serum), retinoid (Renova), and eye creams (Alastin Restorative) to the treated areas and other areas of the face to reduce fine wrinkles and improve elasticity. Consider purchasing these to augment results. Performing complexion enhancing treatments such as chemical peels or laser resurfacing also helps - We are honored to discuss these with you.

What is the cost? Generally, treatment costs begin at \$200 per area (\$11-12 per unit). This is not covered by insurance. We have Brilliant Distinctions and Aspire loyalty programs, as well as Beautiful Skin Friday promotions. Please let us know if you are interested in modeling for us as promotional rates may apply.

This is a short, low-risk procedure that leads to great success.

Our results are our priority. If you have any concern regarding your results, please let us know. We are here to help!

Our goal is to be on a long term aesthetic journey with you. Return in 3 to 4 months!