



BOTOX/DYSPORT (BOTULINUM TOXIN)

ADVANTAGES

Botulinum toxin wrinkle therapy is a safe and effective treatment for frown lines, crow's feet and forehead lines. Side effects are uncommon and minimal allergic reactions to Botulinum toxin do not occur.

Wrinkles caused by muscular contraction, frown lines between the eyebrows, crow's feet at the sides of the eyes and forehead lines can be improved by an injection of botulinum toxin. Botulinum toxin is used extensively to treat muscle twitching eye disorders, but its cosmetic value was discovered in 1992 by Professor Jean and Dr Alistair Caruthers from Canada. Since then the technique has been used on thousands of people throughout the world. Injections are made into the tiny muscles responsible for these wrinkles, weakening them precisely. After treatment, the overlying skin remains smooth and unwrinkled while untreated facial muscles contract normally, allowing normal facial expression.

No local anaesthetic is required and recovery is immediate.

AFTER TREATMENT

The botulinum toxin usually takes effect after 5-14 days. The effect lasts variable lengths of time between 3 to 6 months (average 3-4 months). Patients who have had several injections often find the effect persists longer. Initially most people require a repeat injection every 3-4 months to maintain the effect. Sometimes after regular injections the overactivity of the injected muscles diminishes allowing a longer interval between injections.

PRECAUTIONS

The following precautions are to be observed immediately following the injection:

- Do not massage the area of injection for 4 hours after injection.
- Do not exercise for 4 hours after injection.
- Remain in a vertical or upright position for 4 hours after injection i.e. no lying down or bending down such as floor mopping by hand.

These precautions limit the spread of the Botulinum toxin from the site of injection.

SIDE EFFECTS

There are several possible side effects of Botulinum toxin injections, but are minimal. There may be a mild stinging sensation as the injection is performed. Mild weakness or paralysis of the eyelid (ptosis) or brow may occur with drooping of the eyelid or brow, lasting usually 2-3 weeks. This is temporary and may not even be noticed by the patient. The incidence of ptosis is approximately 2%. It is more common in people who have had previous eyelid surgery. The other side effects include transient headache, numbness or bruising, which are uncommon.



TREATMENT RATIONALE AND COSTS

It is important to appreciate that we try and keep our fees for these injections cost effective, while maintaining our treatment outcomes at a high aesthetic standard. We try to maintain costs on average between \$300-\$500 plus GST.

An aesthetic outcome is not designed to immobilise or paralyse a person's overactive muscles to produce a stunned appearance, but to relax them and harmonise the expression.

Furthermore it should be understood that this treatment is not a mechanical or filler treatment.

It is a complex chemical interaction between the toxin and an individual person's muscle power and the results can be uncertain. Botulinum Toxin cannot achieve all objectives in facial aesthetics. It is not a face lift or filler. It is a very popular and useful tool but well short of a total answer to aesthetic enhancement.

An individual person's muscle power is unique, so the unit dosage requirements can vary significantly between patients and even vary on different occasions for an individual patient.

Note: **Male patients** generally have much more powerful muscles of expression and **can often require double the dosage** than most females require.

Our prices are relatively modest but for patients who demand a more intense outcome (something that we do not particularly encourage from an aesthetic perspective) we cannot avoid extra costs as Botulinum toxin is a very expensive product.

Accordingly, extra treatments incur extra costs.