

### **Botox/Dysport: What You Need To Know Prior To Treatment**

#### **What is Botox/Dysport, and how does it work?**

The way your skin looks is directly related to the way your skin is supported. As we age, the natural support layers of our skin break down as a result of many natural causes. Due to the decrease in elasticity and support of the skin with time, the muscles which allow for natural movements used while smiling or frowning can result in wrinkles. The muscles known to cause the most noticeable lines and wrinkles are located between your brows, around the eyes, and on the forehead. Botox/Dysport are purified proteins that work by blocking nerve impulses, which reduces the movement of those muscles. With less movement, the skin surface gradually smoothes out, and the lines and wrinkles begin to fade.

#### **Will the injections hurt?**

Botox/Dysport is quick and minimally invasive treatment. Your provider makes a few tiny injections into the muscles that cause the unwanted lines. The discomfort experienced during the procedure is minimal and brief. Most patients compare the sensation to a bug bite. The entire procedure takes about 10 minutes, depending on the number of desired treatment areas.

#### **How safe is Botox/Dysport?**

The injection process and injected materials are very safe in qualified hands. Botox/Dysport has undergone extensive testing including scientific clinical trials to establish safety and effectiveness and has been approved for injection into the skin for correction of fine lines and wrinkles by the U.S. Food and Drug Administration. The treatment is minimally invasive and non-surgical, thus requires little recovery time.

#### **What are the potential risks of treatment?**

While the safety rating is very sound, there are potential risks of the procedure of which you should be aware:

1. Risk of redness, bruising, swelling, pain, muscle weakness and tenderness may occur as result of the injection itself. Most of these symptoms are mild and will resolve within 24 hours but may last up to 5-7 days.
2. As with all procedures that involve an injection through the skin, there is a risk of infection and bleeding.
3. Headaches are a common side effect. If a headache occurs, it is generally mild and transient. Very rarely headaches may be severe or persistent. Flu-like symptoms, temporary eyelid droop, and nausea have also been reported after Botox/Dysport treatment. These are very uncommon and would occur within the first week after injection, and normally resolve spontaneously.
4. If you are pregnant or breast feeding, you should not receive treatment.
5. If you have a tendency toward keloid formation or hypertrophic scarring (heavy scarring) or pigmentation disorders, you should not receive treatment.
6. Patients who are using substances that prolong bleeding, such as aspirin, non-steroidal anti-inflammatory drugs, and Coumadin (warfarin) may, as with any injection, have increased bruising or bleeding at injection sites.

7. Patients with known neurological diseases such as Myasthenia Gravis, ALS, or Lambert-Eaton Syndrome should not receive treatment, as they are at increased risk of side effects.

**What should I expect directly after treatment, and how should I care for the treated area?**

Immediately after the treatment most people feel comfortable in resuming their normal activities. Temporary puffiness, redness, and bruising of the treated areas, however, should be expected. Contact our office if redness or swelling lasts for more than a few days, as this could indicate a reaction to the material. You will notice weakness or decreased ability to move the muscles in the areas that have been treated within 2-3 days of injection. This is the desired effect. You can expect to see results of fine line and wrinkle correction within several days after your treatment, with improving benefit in some areas up to a week or more. In the 4-hour period immediately after your treatment, you should remain upright. After the 4-hour period has passed, you may resume normal activity, but avoid strenuous exercise until the following day. You may apply make-up the following day if there is no sign of infection, bleeding, or open wounds.

**Does the correction last forever, and if not, how often will I require treatment?**

Correction is temporary therefore, repeat injections are usually needed to maintain optimal benefit. The need for additional correction will be influenced by ongoing mechanical forces (smiling/frowning) and biological changes that caused the original skin depressions. The correction is different for everyone, but on average, wrinkles will return to normal around 3-4 months. After a series of treatments, some individuals receive longer benefit from a single treatment. If you choose not to continue with your treatment, the treated area will return to its pretreated state, and skin lines will return.

***Advanced Dermatology & Skin Surgery, PA***

*Daniel Zivony, MD • Todd Wilkinson, MD • Elise Rackoff, MD • Stephanie Myracle, MD  
Alexandra Bourgeois, MD • Adriane Barlow, PA-C • Christopher Lyon, PA-C*

*12 & 16 Medical Park Drive, Asheville, NC 28803*

**Tel:** (828) 274-4880 **Fax:** (828) 274-6868 **Web:** [advancedskindoctor.com](http://advancedskindoctor.com)