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### **What causes a wrinkle?**

Many wrinkles or expression lines are actually creases that are formed in the skin from making the same expressions repeatedly. These frown lines or crow's feet are caused by contraction of specific muscles under the skin in that area.

### **What are Botox™ and Xeomin™?**

Botox™ and Xeomin™ are purified protein toxins produced by the clostridium botulinum bacteria. Although it is a toxin, the doses used for medical treatment are so small that serious side effects have not been seen and would be unlikely to develop.

### **How do they work?**

A tiny amount of medication is injected with a very small needle into the muscle that creates the wrinkle. The medicine then blocks the nerve impulse from reaching the muscle and, as a result, the muscle becomes weaker. The skin containing the wrinkles overlying the muscle relaxes and the wrinkles gradually soften and often disappear.

### **What areas can they help?**

The most common areas for the use of the medications are the frown lines between the eyebrows, the horizontal forehead creases and crow's feet. Neck creases and lip wrinkles can also be improved with Botox and Xeomin.

### **Are the injections painful?**

When the medication is injected, there is a minor stinging sensation, which lasts for a few seconds. In addition we apply ice to the treatment area for a few minutes immediately before the injections to further reduce the discomfort and reduce the amount of swelling. Usually there is no discomfort after the injection. Patients can usually resume normal activities right away.

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### **What will happen after treatment?**

There may be slight swelling at the injected spots that resolves within a few hours. Occasionally, an injection site may develop a small bruise that may take several days to fade. Makeup can be used to cover it up.

### **How long do the benefits last?**

The injected muscle gradually regains normal function. This recovery of function varies between patients and ranging between 6 weeks to 6 months. Once the muscle is able to contract again, the overlying wrinkles will reappear. Repeat injections will again weaken the muscle and flatten the wrinkles. After several treatments, the effect of the medication may last longer as the muscle becomes permanently weakened through disuse atrophy.

### **What are possible side effects?**

Botox™ and Xeomin™ have been used for more than 10 years for the treatment of eye disorders and for almost that long for the treatment of wrinkles. Side effects are rare and almost uniformly temporary. The most common side effect is a temporary weakness of muscles near the injection site. Muscle function usually returns to normal within a few weeks. Rarely a patient may develop resistance to treatment so that additional injections are not effective. In that case, alternative treatments for the wrinkles need to be explored.

Very rarely, severe headaches have been reported after injections, but more often than not, Botox™ and Xeomin™ will help improve or eliminate headaches.

### **How much will it cost?**

The cost of the treatment varies depending on the number of wrinkles to be treated and how much medication will be needed. We will be happy to discuss treatment cost in advance of treatment. Insurance reimbursement is not available for the *treatment* of wrinkles.

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## BEFORE TREATMENT

**Do not** use **aspirin** or aspirin containing medications for at least *2 weeks* before treatment. Do not take **Advil™** or **ibuprofen**-containing medications for *3 days* before treatment. **Tylenol™** is an acceptable alternative if pain medication is needed.

**DO NOT** use Xeomin™ or Botox™ if you are pregnant, planning on becoming pregnant or are currently breastfeeding.

## AFTER TREATMENT

1. Return to normal activities right away.
2. **Do not** lie down for at least 4 hours after treatment.
3. **Contract** the injected muscles several times during the *first hour* after injection.
4. If any bruising develops, you may apply an ice pack to the area during the *first hour* after treatment to reduce the amount of bruising.
5. It will take up to *two weeks* for the full effect of the injection to become apparent and for the wrinkles to improve.
6. If you notice weakness of nearby muscles that were not injected such as eyelid or eyebrow droop, come in to the office to have the area evaluated and treated it, if needed.
7. The wrinkles will start to reappear at *three to four months* after treatment as the underlying muscle function returns. You may wish to schedule repeat injections once the wrinkle has re-appeared.

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For **emergencies** at night or during the weekend, call (941) 474-8811, leave a message and the doctor will contact you shortly thereafter.

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