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## Botox Information

### What does Botox do?

Botox is used cosmetically to soften wrinkles of the face. It does so by temporarily immobilizing the muscles underneath lines/wrinkles of expression via small, relatively painless injections.

### How much Botox do I need?

The amount of muscle immobility and wrinkle softening depend on the location and the amount of Botox used.

### How much does Botox cost?

The cost of Botox is \$12/unit. The total number of units required will vary from patient to patient.

- Frown Lines – 20-40 units\* \$240 - 480
- Forehead Lines – 4-20 units\* \$48 - 240
- Crow's Feet – 6-15 units per eye\* \$144 - 360 (both eyes)
- Lip Lines – 2-8 units \$24 - 96

*\*please note that men often require more*

### Will the injections hurt, and what are the side effects?

No anesthesia is needed for Botox injections, as they cause very little discomfort. The most common side effects after Botox injections are bleeding and bruising, but side effects do vary depending on the location being treated. For example, mild headache is also a potential side effect when Botox is injected in the forehead. If you regularly take aspirin, ibuprofen, or other anti-inflammatory medications, your risk for bruising may be slightly elevated. Other side effects will be discussed during your appointment time and will be specific to the area being treated.

### What happens if I get a bruise following Botox injection?

A bruise will not alter the effects of Botox at all. If you get a bruise, ice packs can be applied to the area and you may conceal it with make-up until it resolves which will take 3-14 days depending on your health and the medications you take regularly.

### How soon will I notice the effects of Botox?

The effects of Botox are NOT immediate. On average, it will take 3-7 days for you to notice the effects, and sometimes it can take 10-14 days for 100% of the Botox to take its full effect. Therefore, it is best to wait 14 days if you feel like you need a "touch up" to ensure that all of the original Botox has had a chance to do its job.

### How long will Botox last?

Once the right dose is determined, Botox should last about 3-4 months in the upper face and about 2-3 months around the mouth. Results may vary from patient to patient and also from one treatment to the next.

### What do I need to do prior to my Botox treatment?

Nothing is required. If it is possible to avoid taking aspirin, ibuprofen, and other anti-inflammatory drugs, please do so for 10 days prior to your appointment to decrease your chance of bruising. Also, it is best to schedule your appointment at least 2 weeks before major events (weddings, graduation, etc) to allow time for the effects of Botox to set in and for any possible bruising to resolve.

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## What do I need to do after my Botox treatment?

Following Botox injections, and for 1-2 hours after, exaggerate your expression in the area treated (i.e. squint, frown, purse lips, etc) to really saturate the muscle fibers. It is also recommended that you do not lie down for 4 hours. Applying make-up and exercising immediately after the procedure is fine.

Remember! It can take 10-14 days for 100% of the Botox to take effect. If you have concerns or questions regarding your results, please call our office and ask to speak to the Cosmetic Liaison.

\*\*Please go to [Realself.com](https://www.realself.com) and evaluate both your procedure Botox and our office (under Dr. Teresa Mann). This is a website where real people find, share and discuss their experience with cosmetic procedures.

