

# DAVID E. MARTIN M.D.

## PLASTIC SURGERY

Diplomat American Board of Plastic Surgery  
Member of American Society of Plastic and Reconstructive Surgeons, Inc.  
Member of Board Certified Plastic & Cosmetic Surgeons of Dallas

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# **BOTOX COSMETIC** (10/15/03)

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***Thank you for your confidence in our office. Botox has used in medicine for over 20 years and has been approved for use since 1989 and is extremely popular for its wrinkle reduction properties. Botox's effects are highly individual as to how long the product lasts and the particular effectiveness of muscle paralysis. Botox is not meant to remove all the wrinkles or all the motion in the facial area. It helps the most in between the eyebrows, in the central forehead, will often help raise the lateral eyebrows, and will soften the wrinkles in the crow's feet area. The crow's feet area is least affected because this area wrinkles for two reasons. The first is the obicularis muscle (which surrounds the eye) and on which Botox works well. The second reason is the zygomaticus muscles (which elevates the cheek fat pad when you smile) which we do not try to relax. You can expect softening in the crow's Feet but not removal of the wrinkles in this area.***

***I cannot guarantee a result. Botox takes 7-10 days to take effect. We charge for Botox by the unit (not by the area) so that you know exactly how much you are getting. We will decide how many units to inject into each particular muscle area on your initial visit based on our experience. The number of units will be charted for you and we can adjust your dose depending on the effects we get. You want to use the least amount of Botox that gives you an effect for a reasonable amount of time (average length of effect is 3 months and varies from 2-8 months). Most women need at least 25 units to cover the four common areas of glabella, forehead, brows, and crow's feet area. Men typically require at least 35units (more muscle). Some physicians inject up to 20 units per area. If a certain number of units did not give you the effect you desired then you may buy more units. My suggestion would be to wait at least two weeks to be sure you are not going to get a delayed effect from the injected Botox.***

***Botox injections are given into and around the muscles (which have lots of blood vessels) and this can result in bruising. Usually this is minimal but occasionally results in quite a "shiner". Be sure to note your schedule before your injection as I can not predict who will bruise and who will not. If you have big event coming up soon, I would put off your injection until after the event. Avoid aspirin, Ibuprofen, or Aleve 2 weeks before your injection and for 2-3 days after your injection. Ice packs or cold wash cloths for the first 1-2 hours will minimize swelling and bruising as will keeping your head elevated for several hours after injections. After your injection, it is not uncommon to have a mild headache for several hours. Take Tylenol as needed. Walking or bicycling is OK but avoid running, aerobics, heavy lifting, & tennis for the rest of the day.***

***Botox will relax any muscle it gets into. If it gets into a muscle we don't want to relax (like the upper eyelid-droopy eyelid) there will be no way to reverse its effect. This is very rare but I can not predict who will get this. Usually the unwanted effect goes away in 2-6 weeks (because very little Botox gets into the muscle) - but it should go away with time. *There are some rare adverse reactions that have been associated with Botox but not conclusively caused by Botox- these include severe intractable headaches, generalized muscle weakness that has lasted several months, and cardiovascular abnormalities with some fatal outcomes. It has been estimated to require 3500units of Botox to cause a fatality in humans.****

***Botox is not "filler". In other words, its only function is to relax the muscle. If there is a crease or indentation from long term muscle action then Botox will not fill that in. My recommendation would be to relax the muscle and if there is still a crease or low area after 5-6 weeks then consider a filler such as Collagen, or Restylane.***

***Your Botox effects are very individual, please let us know what is working for you and what is not. Areas that get little improvement with a reasonable amount of Botox probably don't need to be injected again. There is no reason to waste money if it's not giving you the effect you are trying to achieve. As a patient you will have to decide if the effect and the length of the effect are worth the cost of injections. There are more permanent surgical solutions to the forehead effects that can be discussed should you desire.***

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