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## **BOTULINUM TOXIN (Botox)**

Ageing is associated with the development of facial lines and wrinkles, which are often unwanted and distressing to a patient.

The production of these wrinkles is due to a number of different factors, which include:

1. normal ageing and sun damage,
2. gravity and
3. the actions of various facial muscles.

Wrinkles on the forehead frown lines between the eyebrows (glabella lines), and lines running down from the angles of the mouth (mental lines) are of particular concern to many patients as they not only accentuate an aged appearance, but also impart an air of grumpiness and aggression to the face.

These "lines of facial expression" are primarily due to the action of certain superficial facial muscles and can be reduced or eliminated by treatment with Botox.

Botox is excellent for the treatment of Crows feet around the eyes, and prominent wrinkles on the neck (Platysmal Bands).

### **What is Botox and how does it work?**

Botox is Botulinum Toxin A, a naturally occurring extract from the C.Botulinum microbe, which has been processed and purified for medical use.

It produces its effect by freezing (reversibly paralysing) the target muscles, therefore preventing them from contracting and producing skin wrinkles.

### **What is the procedure and how long does it take?**

Botoxing is a minor procedure, achieved by superficial injections with a fine needle.

The procedure itself takes about 10 minutes, but the effect will not become apparent for 48 - 72 hours.

It is very important that you do not press over the injection sites or lie down for 4 hours after the injection as this will cause the Botox to disperse to unwanted areas.

It is helpful if you try to contract your target muscles as much as possible after injections as this increases their uptake of Botox.

### **How often will I require injections?**

The effect of Botox is not permanent, and most people require injections at intervals of three to twelve months. However, after a few injections the target muscles may become educated not to frown, and future injections become infrequent or unnecessary.

### **Is Botox safe?**

#### **Are there any complications or side effects?**

Botox is an extremely safe treatment. However you should be made aware of any complications rare as they may be.

In approximately 2% of cases minor temporary droop of one eyelid may occur which lasts on average only 2-3 weeks but could be a little longer. Very rarely diplopia (double vision) may result for a short time due to leakage of Botox into the eye muscles. Occasionally, transient numbness, or headache may occur. As with any medications, allergic reactions are possible, though exceedingly rare.

### **How much does it cost?**

In comparison to other cosmetic surgical procedures, Botox is relatively inexpensive.

For up to date prices please contact the Cambridge Private Hospital directly on 01223 208085.