

Botox (Botulinum Toxin A) Q&A

Q: Is Botox safe?

A: Absolutely. The maximum safe dose in an average size adult is 400-600 units every 3 months. Most Botox cosmetic patients receive about 1/10th that amount.

Q: Will I look paralyzed or expressionless?

A: Absolutely not. When administered by a properly trained physician, Botox looks very natural and softens only those expressions you want to soften (like the frown or crow's feet). Much of the medical training required to administer Botox is a thorough knowledge of facial musculature anatomy.

Q: What about the fact that it is only temporary?

A: In the first 1-2 years most patients need treatments every 3-4 months until their muscles "forget" how strong they used to be. Once the "muscle memory" is gone, patients can go up to 6 months or even longer between doses.

Q: What are the risks?

A: Common possible risks of any type of injection, such as flu shots, include bruising, temporary redness, temporary swelling, allergy, and infection.

Q: Who should not get Botox?

A: Children, women who are pregnant or nursing, patients with active skin infections at the planned treatment sites, people allergic to eggs or albumin, and those with muscle or nerve disorders such as ALS or myasthenia gravis.

Q: What about fillers instead?

A: Botox and fillers work completely differently but complement each other. Botox works on wrinkles from expression lines and fillers help wrinkles that are from volume loss or gravity (e.g. the lips or parentheses lines).

Q: When will I see results?

A: Botox starts working to soften contraction of muscles as early as 3-4 days but can take up to a week. Relaxation of the muscles (which creates lifting) comes after the first several weeks.