

# BOTOX AND FACIAL FILLERS – NON-SURGICAL REJUVENATION



**Botox®** is the most popular cosmetic medical treatment in the U.S., and is a favorite among men and women looking for non-surgical facial rejuvenation. Botox® has a long history in ophthalmology and was first used for spastic eyelid disorders in the 1980s. It is still the most

effective treatment available for blepharospasm, and most ophthalmologists have many years of experience in its use. Oculofacial plastic surgeons are among the foremost specialists in use of Botox® for lines, wrinkles, and facial reshaping. It has proven to be safe, effective, and economical.

**Facial fillers** are also an enormously popular alternative in non-surgical facial rejuvenation. They are sometimes employed alone, but can also be an adjunct to Botox®. They work by safely restoring lost volume under the skin thereby effacing wrinkles and emptiness from aging, most commonly at the lips and creases around the mouth. Recent advances in technology have resulted in far more long-lasting and natural improvements than ever before.

## How can Botox® help me?

Botox® is a safe, naturally occurring substance that causes muscle relaxation typically lasting three to four months. In high doses, Botox® will weaken muscles substantially, while in lower doses, the relaxation and weakening are subtle. These effects can be harnessed by your physician to improve frown lines between the brows, crow's feet at the outer corners of the eyes, horizontal lines in the forehead, and eyebrow height and shape. Botox® can also be used to treat vertical lip lines, down-turn at the lips, and twitching or spasm of the eyelids, cheeks, and face.

## How is Botox® administered?

Your physician will review your specific concerns and medical history and advise you about the best uses for Botox® in your situation. It is injected with a tiny needle directly into the muscle(s) causing wrinkles, spasm, or facial aging. Mildly uncomfortable, the injections take only a few seconds. Effects begin to be visible at two to three days and are usually fully evident by one week. Bruising rarely occurs and fades naturally. Improvements in facial appearance and muscle relaxation typically last three to four months.

## How can facial fillers help me?

Commonly used facial fillers include hyaluronic acid, a naturally occurring substance already present in your skin (brands include *Restylane®*, *Perlane®*, *Juvederm®*, *HylaForm®*), collagen, and synthetic microspheres (*Radiesse®*). Hyaluronic acid typically lasts six to twelve months and can be used by your physician to improve lip shape and/or size, creases around the mouth, frown lines between the eyebrows, facial scars and depressions, and dark circles below the eyes.

## How are facial fillers administered?

Your physician will review your specific concerns and medical history and advise you about the best uses for facial fillers in your situation. Fillers are injected with a tiny needle directly into the area of concern, sometimes with ice, anesthetic cream, or anesthetic block injections to minimize discomfort. Effects are visible immediately, but mild local swelling occurs rapidly and lasts for about 24 hours. Bruising infrequently occurs and fades naturally. Improvements in facial appearance last six to twelve months with hyaluronic acid; shorter with collagen, and longer with synthetic microspheres.

## What are the risks?

Bruising can occur with any injection. Infection is extremely uncommon. Botox® can rarely induce weakness in a nearby muscle, causing asymmetry, or a droopy eyelid or lip. To minimize this risk, your physician will recommend that you avoid touching the injected areas for several hours so that the Botox® will bind to the intended muscles only. Facial fillers can also cause asymmetry, and rarely, a local sensitivity reaction.

## Who should perform these treatments?

You should look for medical practices experienced with these treatments, and highly knowledgeable with the anatomy and physiology of the eyelids and face. Oculofacial plastic surgeons have the ideal credentials and specialize exactly in this area.

A doctor who has completed an American Society of Ophthalmic Plastic and Reconstructive Surgery fellowship is not only board certified in ophthalmology but has completed extensive training in oculofacial plastic surgery and cosmetic use of Botox® and facial fillers.

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