

BOTOX® Cosmetic Injections are extremely safe, approved by Health Canada and the FDA, and have been used for over 20 years with an excellent track record. The American Society for Aesthetic Plastic Surgery (ASAPS) estimates that approximately 2.5 million BOTOX® injections are performed each year, making it the most popular cosmetic procedure worldwide by far, which is reflective of its effectiveness and success at delivering noticeable results.

BOTOX®, a muscle relaxant, is a prescription medicine comprised of a purified protein produced by the Clostridium botulinum bacterium which blocks the transmission of nerve impulses to the injected muscle, thereby limiting muscle activity. During treatment, very small doses of BOTOX® Cosmetic are administered to targeted facial muscles via a fine needle. The treatment only takes about 10 minutes, and no recovery time is required. You will see an improvement within a few days, and your results will last 3 to 4 months.

### What to Expect at Your Procedure

Getting BOTOX® injections is very quick and straightforward. The procedure can be performed immediately following an initial consultation, in which your face is assessed to determine whether you will benefit from BOTOX® injections, the amount of BOTOX® required, and the injection locations. Your medical history, allergies, etc. will be reviewed. After that the areas to be injected will be swabbed with antibacterial wipes. If you desire, an ice pack or anesthetic cream can be used on the area prior to the administration of the injections. You will then be asked to frown, raise your eyebrows or squint. Following this, a few small injections will be administered via a very fine micro needle to the identified muscle locations, targeted to directly address your specific issues. The entire procedure will take less than 10 minutes, after which you will be able to resume your regular activities.

### Benefits of BOTOX®

- Extremely effective
- Very safe
- Non-surgical
- Quick and simple procedure
- Requires zero downtime
- Temporary
- Minimal pain and discomfort
- Relatively inexpensive
- Proven safety track record,
- FDA approved

### How long will it take for me to see results after BOTOX® injections?

After receiving BOTOX® treatment, your results will become evident within approximately 3-5 days, and after 10 days you will notice the complete result.

### How long will the results I obtain from BOTOX® last?

BOTOX® remains effective for 3 to 4 months, after which time you can return to repeat the process. To maintain your improved appearance, it is recommended that you receive BOTOX® injections every 3 months, however it is completely fine to wait for longer intervals, or discontinue the use of BOTOX® at any time. If you elect to discontinue getting BOTOX® injections at any time, the treated area will gradually revert back to the way it

looked prior to your getting BOTOX®.

### Recovery from BOTOX® Injections

BOTOX® is a quick procedure that delivers dramatic results. After receiving your treatment, you can get back to your busy day, as the needles we use are extremely fine, and typically don't leave noticeable marks on your face. Some patients may experience a bit of redness or a tiny bruise at the injection site, which can easily be concealed with a light application of makeup.

### How much does BOTOX® cost?

The average fee for BOTOX® is \$10-\$12/unit for most areas. At your initial consultation, you will be provided with the actual cost of your BOTOX® treatment, based on an assessment of your face.

### Are BOTOX® injections painful?

Most of our patients feel that the pain of BOTOX® injections is very mild, and well worth the results that they are able to achieve. The pain is minimal, chiefly because the micro-needles used for BOTOX® injections are very fine, and our highly experienced injectors are able to perform the procedure as painlessly as possible by administering highly controlled and delicate injections. For those who are scared of needles, we offer ice packs or an anesthetic cream that will minimize the sensation even further. In addition, we have a unique device that is able to effectively dull the sensation of the injections.

### At what age should I start using BOTOX®?

BOTOX® Cosmetic Injections most popular amongst individuals between the ages of 30 and 60, however there is growth in the number of younger people seeking BOTOX®, as it is very effective at prevention.

### Will I be able to make facial expressions after getting BOTOX® injections?

Unfortunately, some Hollywood celebrities have used such high doses of BOTOX® that they have been left with a frozen, unnatural look, which has become instant fodder for celebrity magazines and blogs. You can rest assured that after receiving BOTOX® treatment you will have a very natural appearance. While you will definitely notice a marked improvement, the results will not be radical, and it will not be obvious that you've had a procedure. You will look like yourself, only younger, fresher, and more relaxed. You will still be able to make facial expressions.

### Is BOTOX® safe?

BOTOX® Injections are extremely safe and having been used since 2002, have established a strong safety track record. While some people initially express reservations about undergoing BOTOX® injections, rest assured that BOTOX® remains localized at the injection site and does not spread throughout the body.

### Complications

Complications are very rare, and when they do occur are typically very mild and temporary. The following complications are the most common:

Spread of BOTOX® to adjacent muscles: Sometimes BOTOX® can affect muscles that are adjacent to the injection location, creating a look that was not as intended (e.g. droopy eyelid). This would be temporary, lasting approximately 3 months, and fading as the effects of BOTOX® wear off.

Amount of BOTOX® Injected: Sometimes too much or too little BOTOX® is injected. Such situations can be avoided by ensuring that your injections are performed by highly skilled health care professionals.

Immunity to BOTOX®: In rare cases, a patient may unknowingly be immune to BOTOX®, rendering it ineffective.

While these represent the most common types of complications associated with BOTOX®, they are not experienced by the vast majority of patients. At most, patients will experience benign side effects such as light bruising, which can be easily covered up with foundation or concealer.