



By Maria Gerken, RN

Improving Fine Lines and Wrinkles

chemical exposure, and more affecting our aging process. Repeated muscle movement, such as squinting and frowning, starts to leave permanent lines.¹ Some people notice lines and wrinkles starting as early as their 20s, while others never have lines in a specific area. These medications can be used on both men and women of many different ages whether they have moderate or severe lines. Some patients treat themselves for special occasions, while others opt to keep on a regular schedule to continue to improve severe lines. Whatever your needs may be, it is best to come in for a complimentary consultation to see if Botox® or Dysport® are right for you, and work on an individual plan with your provider.

Botox® and Dysport® may be used for cosmetic purposes on many areas of the face. The most common area is the glabella (the vertical lines between the eyebrows) and the peri-ocular area (also known as crow's feet). The medication is administered by injections, with a very small needle. The majority of my patients agree that the injections are virtually painless. Most patients do well with an ice pack, for just a few minutes, prior to the injections. If you do not do well with needles, topical numbing cream may be applied to help with any discomfort.

The results of Botox® and Dysport® are not instant. The onset is approximately 3 to 7 days, depending on which medication is used. The results are temporary and last approximately 3 ½ to 4 months. The most common side effect is tenderness, swelling, or redness at the injection site, usually resolving the same day of treatment. Slight bruising at the injection site may happen and usually resolves within a couple of days. Allergic reactions are rare but can happen. Rarely, some patients have reported headache or dry eye.

An uncommon, but serious side effect of Botox® or Dysport® is



spread of medication to affected areas away from the injection site. "There has not been a confirmed serious case of spread of toxin effect when Botox® Cosmetic has been used at the recommended dose to treat frown lines, crow's feet lines, or both at the same time."²

If you are interested in finding out more about Botox® or Dysport®, please come in for a complimentary consultation to see one of our certified specialists. We look forward to meeting you!

1. 2. Botoxcosmetic.com

I am a registered nurse and a certified aesthetic nurse specialist. I have been in the medical field for over 20 years, with a background including the operating room and plastic and reconstructive surgery. I consider myself extremely fortunate to work in the aesthetic field; I love contributing to patients' happiness and helping them feel better about themselves. My goal is to provide the highest-quality aesthetic care to my patients in a safe, professional environment.

One of the most popular injectable procedures I encounter is the use of Botulinum Toxin A (brand names of the medication I use are Botox® and Dysport®). These are medications that are commonly used in aesthetics to improve the appearance of fine lines and wrinkles or to prevent a deep permanent line from forming. While Botox® and Dysport® do not erase these lines, they temporarily inhibit specific muscle movement, so the lines and wrinkles are not accentuated. The result patients will notice is a smoother appearance to the skin in the area injected, softer lines and wrinkles, and in some areas a more lifted appearance. The trend I currently see is patients wanting a natural look, not overdone or plastic. They often tell me their friends and family compliment them on how much smoother and more youthful their skin looks and that they were surprised to hear you could look so natural from Botox® and Dysport®.

Each individual ages in a different way, with factors such as heredity, anatomy, diet, sun exposure,



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