

Health Views

TO BOTOX OR NOT TO BOTOX

Q. How can I know if I will like Botox therapy? And, if I stop, will there be any long term benefit?

A. It's very simple for your dermatologist or plastic surgeon to tell you in a consultation whether your problem areas are likely to do well with Botox injection.

Some common rules of thumb are that if the facial muscles between the eyebrows are pulling down and causing either creases or a lower, older looking brow, you are likely to get impressive improvement with Botox. Not only do the wrinkles improve, but the eyes frequently look more open and younger.

If forehead wrinkles or crowsfeet wrinkles are making you look older, you're likely to be impressed with Botox. Lastly, the lateral chin and jowl area, and down-turned corners of the mouth with deepening creases are becoming standard areas that respond to very small amounts of Botox.

For the nervous individual, we use the numbing effects of ice and topical anesthetic cream for about 10 minutes prior to treatment.

After one Botox treatment, patients know if they like what it does. If Botox patients have three treatments, about three months apart in the first year, we feel that they get some very lasting reduction in the severity of the muscle overactivity. Patients who want to maintain maximal results, continue to have treatments at intervals of three months to nine months.

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