

# **What you should know about your BOTOX® or Dysport® Treatment:**

## **What is Botulinum Toxin A?**

The cosmetic form of botulinum toxin, often referred to by its product names of BOTOX® or Dysport®, is a popular non-surgical injection that temporarily reduces or eliminates frown lines, forehead creases, crow's feet near the eyes and thick bands in the neck.

## **How many units will I need?**

The R.N. that performs the injections will need to determine how many units are required for desired results.

### **Average Range of Units Per Area:\***

Between the eyebrows: 12.5 – 25

Forehead region: 2.5 – 10

Crow's Feet: 5 – 15

\* These ranges are for a more natural/conservative look where movement of the muscle is still visible. If you would like a more "frozen" look, you can discuss this with your nurse at the time of your treatment.

## **When will I see results?**

You may begin notice results as early as 24 to 48 hours (may take up to four days) for moderate to severe frown lines, with final results 7 to 10 days following treatment. These results can typically last up to 4 months. Results will always vary per individual.

## **How long will my treatment last?**

Botulinum Toxin treatments will always vary from patient to patient. Typically you can wait 3 to 6 months between each treatment. You will need to notify the nurse upon treatment if you would like a natural or a more "frozen" look. In rare cases, you may be resistant to BOTOX® Cosmetic (botulinum toxin-A) and may not be a good candidate for this procedure.

## **Should I avoid anything before or after treatment?**

Four days before treatment, avoid any blood thinners, including but not limited to: aspirin, Motrin®, Advil®, Excedrin®, Aleve®, or any other non-steroidal anti-inflammatories, vitamins C, D and E, omega 3 (fish oil and flaxseed oil), Turmeric and Ginger. If able to discontinue ALL vitamins, it is preferred. You should not receive any facials over the treated areas for 3 – 4 days after your procedure. Additionally, avoid exercising the same day as treatment and keep your head above your heart for 3 – 4 hours following treatment.

## **What should I expect after treatment?**

After your treatment, you can resume your day with minimal downtime. You may experience redness, swelling and/or bruising at the injection site. You may lightly ice the area immediately following treatment to reduce initial bruising and swelling.

**For complete treatment information regarding BOTOX® visit [www.botoxcosmetic.com](http://www.botoxcosmetic.com)**

**For complete treatment information regarding Dysport® visit [www.dysportusa.com](http://www.dysportusa.com)**

# **What you should know about your Soft Tissue Filler Treatment:**

## What are soft tissue fillers?

Soft tissue fillers are injectable gels injected into areas of facial tissue where moderate to severe facial wrinkles and folds occur. Soft tissue fillers are also used to temporarily add volume under the skin.

## What fillers will I need and how much?

The R.N. that performs the injections will provide you with a consultation to determine which filler treatment and how many syringes will be required for your desired result.

### Soft Tissue Fillers Offered at Armen Vartany, M.D.

<b>Filler:</b>	<b>Primarily Used:</b>	<b>Results Can Last: (according to manufacturer)</b>	<b>Results Typically Last: ††</b>
<b>Juvéderm® Ultra Plus XC †</b>	<b>Lips, Laugh Lines, Marionette Lines</b>	<b>Up to 1 year</b>	<b>2-6 months</b>
<b>Juvéderm Vollure® XC †</b>	<b>Laugh Lines, Marionette Lines</b>	<b>Up to 18 months</b>	<b>8-12 months</b>
<b>Juvéderm Voluma® XC †</b>	<b>Cheek Area</b>	<b>Up to 2 years</b>	<b>9-12 months</b>
<b>Radiesse®</b>	<b>Laugh Lines, Marionette Lines</b>	<b>Up to 1 year</b>	<b>6-9 months</b>

\* Half and quarter syringes available as well.

† Do not use if you are allergic to lidocaine.

†† According to our patient average.

You may begin to notice results immediately following treatment however, the material will need to settle which takes up to 7 days. Final results may be seen 7 to 10 days following treatment. Results will *always* vary per individual.

## Should I avoid anything before or after treatment?

Four days before treatment, avoid any blood thinners, including but not limited to: aspirin, Motrin®, Advil®, Excedrin®, Aleve®, or any other non-steroidal anti-inflammatories, vitamins C, D and E, omega 3 (fish oil and flaxseed oil), Turmeric and Ginger. If able to discontinue ALL vitamins, it is preferred. You should not receive any facials over the treated areas for 3 – 4 days after your procedure. Additionally, avoid exercising the same day as treatment and keep your head above your heart for 3 – 4 hours following treatment.

Soft tissue fillers should not be used in patients with a history or presence of multiple/severe allergies, including anaphylaxis or with allergies to gram-positive bacterial proteins.

## What should I expect after treatment?

After your treatment, you can resume your day with minimal downtime. You *will* experience redness, swelling and/or bruising at the injection site. You may lightly ice the area immediately following treatment and throughout the day to reduce initial bruising and swelling. Additionally, you may take a non-drowsy antihistamine to reduce initial swelling.

Possible side effects include but are not limited to, pain, itching, firmness, lumps/bumps, redness, tenderness. These may last 7 to 14 days. Contact our office if “lumps” are present for massaging instructions. As with all skin-injections, there is a risk of infection.

**For complete treatment information visit [www.radiesse.com](http://www.radiesse.com), [www.juvederm.com](http://www.juvederm.com), or [www.belotero.com](http://www.belotero.com)**