

# Botox

Edmonton's Cosmetic Surgery Clinic

BOTOX® Cosmetic is one the safest and effective treatments for facial wrinkles available today. It has been successfully used for cosmetic and medical treatments for over 15 years. Dr. Sapijaszko has been trained to use BOTOX® by the world's foremost authorities. In particular, Dr. Sapijaszko trained with Dr. Alastair Carruthers and Dr. Richard Glogau, two pioneers of cosmetic use of BOTOX®, in Vancouver as well as in San Francisco.

Following ten more years of research and development, a remarkable new cosmetic treatment was born. In April 2001, Botox Cosmetic® was cleared for use in Canada for patients with (glabellar) frown lines.

Thousands of appearance-conscious women and men have already discovered the benefits of BOTOX® Cosmetic. Not just models and movie stars, but ordinary people - teachers, mothers, and business people from all walks of life. Dr. Sapijaszko and his staff are pleased to offer BOTOX® benefits to our patients.

Please call us at (780) 424-4440 if you have questions about BOTOX® or to arrange a prompt, confidential consultation and treatment.

No referral is needed for BOTOX® treatment.

Youthful Image

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What causes wrinkles?

Most wrinkles are caused either by excessive sun exposure or from repeated action of facial muscles. The vertical lines between the eyebrows are the direct result of years of squinting and frowning caused by the muscles of the forehead. These lines are called "dynamic wrinkles" as repeated muscle action is at the core of their formation. After many years of frowning combined with the weathering action of the sun, the skin is left with deep vertical lines (frown lines) that are present even at rest. The examples of other "dynamic wrinkles" of the face include squint lines (crow's feet) around the eyes and forehead horizontal lines. The presence of these lines can add years to our appearance making us look worried, tired and angry even when we are not.

Now, BOTOX® treatment can help you control your facial expressions so that you look as well as you feel. In expert hands, this office procedure takes only minutes, with no "down time" or prolonged recovery time, helping improve and maintain your Youthful Image.

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What is BOTOX®?

BOTOX® Cosmetic is a natural, purified protein that is administered via a few tiny injections directly into the overactive muscles that cause facial lines. It is a simple, non-surgical, minimally invasive procedure, that smoothes the deep,

persistent lines that have developed from repeated muscle contractions over time. BOTOX® Cosmetic has been widely tested. It is the one of the most commonly performed cosmetic procedures in North America and a leading treatment for reversing some of the visible signs of aging. BOTOX® Cosmetic has the ability to very precisely relax the muscles to which it is applied. This relaxation lasts for a number of months. Since most people enjoy the effect that BOTOX® has on their appearance, the treatments are repeated 3 or 4 times a year.

While we all have earned every one of our worry lines, we don't have to show them if we don't want to! If facial wrinkles are starting to make you look older, tired, worried or more "negative," BOTOX® can help restore the rested, confident appearance you desire.

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How does BOTOX® work?

BOTOX®, when precisely injected, selectively relaxes the muscles which are causing wrinkles to occur. Subsequently, the skin over the treated muscles gradually becomes smoother and less wrinkled. A common use for BOTOX® is to improve the furrows and lines that many people have between their eyebrows. These frown lines can make people look worried, angry or concerned, even when they are happy. Furthermore, crow's feet around the eyes can also add years to your appearance making you look like you are constantly squinting. Crow's feet usually improve nicely when the muscles which cause the crow's feet are treated with a bit of BOTOX®.

Untreated facial muscles continue to contract in their usual way, so that normal facial expression is unaffected. Because it relaxes the muscles that cause dynamic wrinkles, BOTOX® treatments can also prevent new lines from forming in the areas on your face, forehead and neck which are treated.

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What can BOTOX® treatments do for me?

The safety and superior effectiveness of BOTOX® treatments can now be enjoyed by almost anyone who wishes to improve and maintain their Youthful Image. The objective is to make you look your best without looking as if you had "work done." BOTOX® treatments are discreet and when performed by experts result in a natural yet refreshed,

rejuvenated appearance.

Hundreds of thousands of women and men have already discovered the tremendous benefits of BOTOX® Cosmetic. Although some esthetic procedures are expensive and available for those with considerable disposable income, BOTOX® treatments are affordable and yet produce a natural rejuvenated look. Not just models and movie stars, but ordinary people - teachers, mothers, and business people from all walks of life have discovered the joy of looking their best.

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Can all wrinkles be treated with BOTOX®?

BOTOX® improves dynamic wrinkles, wrinkles that resulted from repeated contraction of facial muscles. Over time, these wrinkles can become so deep that even relaxation of the muscles, although very helpful, cannot fully restore the look that we desire. At this point, fillers like Perlane®; Restylane®; or Artecoll®; are used to fill deeper creases, lips, cheekbones, and other defects such as acne scars. Each patient is unique and each treatment is specific to each patient. Occasionally, BOTOX® is used in combination with fillers, for example when treating frown lines, forehead lines or wrinkles around the lips.

For many people who have had chemical peels or laser treatments, BOTOX® can prevent or delay the development of new wrinkles and furrows reducing the long-term need for additional laser resurfacing or injection of filling substances.

In many cases, BOTOX® can be used to delay or eliminate the need for a surgical procedures altogether. This is particularly exciting, as more invasive surgical interventions can be avoided. Furthermore, the effect of prior procedures such as chemical peel, laser or intense pulsed light photorejuvenation, face-lift, brow-lift or neck-lift can be enhanced and prolonged with the use of BOTOX®.

Dr. Sapijaszko will examine your concerns and discuss the treatment options appropriate for you. This is a team approach with you in the center and us helping you along. Our expertise needs to match your desires and wishes and it is this teamwork that makes it all possible.

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## What are the alternative treatments?

The key to the treatment of facial wrinkles is our understanding of the specific causes. Generally speaking, facial wrinkles are caused by the interaction of environmental damage (e.g. excessive sun exposure, pollution as well as smoking), repeated muscle motion during facial expression, gravity, general status of the patient as well as genetic background. Wrinkles that are caused by excessive sun damage require both preventative as well as active treatment measures. For optimal results, patients need daily application of sunscreen with SPF factor of at least 30. Active treatment measures include, individually or in combination, topical vitamin A acid derivatives, alpha hydroxy acids, chemical peels, laser or intense pulsed light photorejuvenation. Furthermore, appropriate diet can augment the results of the above treatments.

Deeper facial lines, resulting from repeated muscle contractions as well as other factors discussed above will likely need filler substances in addition to BOTOX® treatments in order to achieve ultimate results. Furthermore, chemical peels, laser or intense pulsed light photorejuvenation can help you achieve your appearance goals.

Dr. Sapijaszko and his staff are your resource and we are happy to discuss with you your particular circumstances and therapeutic options. You will be amazed how excellent skin care and attention to details can help you look your best.

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## What are the risks and complications?

BOTOX® treatments are gentle and quick. Dr. Sapijaszko uses the smallest needles possible minimizing patient's discomfort. Occasionally, there is minimal bruising at the injection sites. Usually, there is virtually no sign of treatment within an hour or so of the injections. Makeup may be used directly after treatment, but care should be taken not to press or massage the area for several hours after injection. Heavy physical exercise should be avoided for several hours. Dr. Sapijaszko and his staff will review post treatment care prior to your departure from the office,

Rarely, BOTOX® can produce uneven muscle relaxation or relaxation of muscles other than those that we targeted. Fortunately, this is rare and transient. Rarely, a headache following BOTOX® treatment has been reported. There have been no long-term side effects, allergic reactions or health hazards related to BOTOX® use thus far. Some patients have been getting BOTOX® treatments for more than 10 years, with no problems. Should you have any further questions, please call us at 424.4440 for a complimentary consultation.

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### When will BOTOX® take effect?

Although the treated muscles start to relax within a few days, the maximum degree of relaxation is reached within a couple of weeks. Approximately 2-4 months after the treatment, the effects of the BOTOX® gradually start to wear off. If you, like most people, enjoy the effect of your BOTOX® treatment, you will return for another treatment. The objective is to make you look natural. BOTOX® treatment offers the advantages of having no "down-time." You will not look as if you had "work done" and yet you will benefit from this safe and effective treatment.

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### How long does BOTOX® last?

The duration of the effects following BOTOX® treatments depends on a number of factors related to individual patient variations, skill of the physician as well as the area treated. The range that we have observed is 3 to 8 months. By keeping the muscle inactive for several months you lose the habit of frowning, preventing lines from coming back. However, should you wish to regain the ability to knit the brows, you only have to wait until the effect of the BOTOX® has worn off and all voluntary muscle action will return.

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### What is BOTOX® treatment like?

Dr. Sapijaszko will determine exactly where to administer several tiny injections to achieve the best results. No anaesthesia is required, although, if you prefer, Dr. Sapijaszko can numb the area with a cold pack or anaesthetic cream prior to injecting. BOTOX® treatments are gentle and quick. The entire procedure takes approximately 10 minutes. Discomfort is minimal and brief when the needle is inserted and a few drops of BOTOX® are applied to exactly the muscles which need relaxation. Most patients compare the sensation to a bug bite and are pleasantly surprised by the lack of significant discomfort.

Because of the minimally invasive nature of the treatment, you will be able to continue with all of your usual activities immediately after the procedure. You can certainly drive yourself home or back to the office.

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Is BOTOX® Cosmetic expensive?

When considering your facial aesthetic options, you'll find that BOTOX® Cosmetic is quite affordable. In Canada, BOTOX® Cosmetic is not expensive; however there is a cost involved. As Dr. Kevin Smith puts it:

"Having successful cosmetic treatments for your face is not expensive, it is priceless."

Many cosmetic treatments were once considered a luxury item only for those who had a high disposable income. BOTOX® Cosmetic is very affordable even for those with modest incomes. Like other appearance-related investments, such as hair coloring and cuts, teeth whitening, and chemical peels, the cost must be weighed relative to your expectations and some people need to budget for it.

The precise cost of the treatment depends on each patient's concerns and circumstances. The cost varies with the number of areas that patients would like treated as well as the amount of BOTOX® injected.

Please call us at (780) 424-4440 to book a complimentary consultation where your questions can be answered in a relaxing atmosphere.

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