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BOTOX

COSMETIC

& ITS *youthful* CONNECTION

When Ponce de Leon discovered what he believed to be a fountain of youth, he had no idea that 500 years later it would come in the form of a simple injection. Today, cosmetic injectables are a simple fix to many of those annoying, deep-set facial lines that appear as we age.

Botox Cosmetic, or botulinum toxin type A, is a purified protein that relaxes muscle. As you age, the epidermis thickens, becoming lack luster. Our oil glands start to dry up and skin becomes dry and does not reflect light as well. Additionally, collagen and elastin fibers begin to deteriorate within the dermis. This results in loose, sagging skin, and fine lines. Wrinkles appear and gradually become more noticeable. Over many years of using muscles for facial expressions, we are left with deeply grooved wrinkle lines. Botox temporarily relaxes muscles for three to six months after its placement. It is very important to maintain an active skin rejuvenation regimen in between treatments to keep the surface skin looking its best.

The three main areas for treatment on the face are the worry lines on your forehead, the frown lines between your eyebrows, and the crow's feet around the eyes. Cost depends on the number of units you use, which is a relationship to the area being treated. As an example, the worry lines on a man, because of the muscle bulk of his forehead, would probably take more units than the same area on a woman. Botox is not so effective for facial lines and grooves in the lower half of the face. These are best treated with fillers.

Often referred to as the "lunchtime facelift" Botox injections are quick and simple. The treatment involves a series of injections with a very tiny needle into the unwanted wrinkled area. An ice pack applied gently to the area minimizes any discomfort associated with the injection. After having a Botox injection, patients can go back to work or resume any normal routine. They are advised not to put heavy pressure on the area treated for several hours by rubbing or pressing. This can cause the Botox to spread to adjacent muscles that were not targeted for treatment. Side effects can include mild headache, minor bruising, and a temporary droopy eyelid—if the eye area is rubbed. If this happens, the effects can last three to six weeks. Ask your physician about possible side effects and fully understand all of the information prior to having your treatments.



Karen Simpson is the general manager of Ageless Remedies, Lake Norman, located in Huntersville. Visit www.agelessremedieslakenorman.com.

While some results are immediate, the full effect of the Botox Cosmetic treatment can be seen within two weeks. You can expect the effects of Botox to last between three and six months.

Is Botox the ticket to instant youth? It's very possible it would have appealed to Ponce de Leone in his quest! 🦋