



Ask the expert: Beauty corner with Dr. Vince Bertucci

finer things

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Question: Dear Dr. Bertucci,
I'm thinking of trying Botox to treat some wrinkles that bother me, but I've heard that it may be unsafe. Should I be worried?
Thanks, Jill

Answer: Dear Jill,
First and foremost, you should know that use of Botox to treat wrinkles is safe. Botox has been around now for 18 years and is used all over the world in millions of patients. It is a safe and well-researched treatment.

When you are doing research about treatment, it's important to distinguish between Botox and Botox Cosmetic: Botox is used to treat patients with a variety of medical conditions, like neurological conditions, which require higher doses. Botox Cosmetic is used in much smaller doses. It is approved in Canada for the treatment of glabellar lines (the vertical "frown lines" between the eyebrows), upper facial rhytides (wrinkles) and lateral canthus (crow's-feet).

Botox smoothes unwanted wrinkles on your face to give you a more rested and youthful look. Results are very natural-looking and you start to see them gradually over a one- to two-week period. The benefits generally last for three to four months.

Although it is a safe procedure, there are a few conditions where Botox should



Botox has been used to smooth away wrinkles for 18 years.

not be used, such as in pregnancy and with certain rare neurological conditions. The risks are minimal with Botox injections and typically relate to the local injection. Redness or a small bruise may occur at the injection site. Any problems and poor outcomes that people experience are usually due to poor injection techniques.

Other side effects are uncommon and temporary. Your physician will discuss this with you during your consultation.

The most important things to remember when considering treatment are the doctor, the brand and the safety.

1. Make sure you see a qualified, licensed physician in a medical setting.

Physicians well trained in Botox techniques in your neighborhood are found at www.Botoxcosmetic.ca

2. Ensure you are getting authentic Botox called Botox Cosmetic for those areas approved by Health Canada.

3. Consult with your doctor prior to the treatment to inquire about all the possible outcomes. — News Canada