

STOP WONDERING...How much younger you could look.

START SEEING...The results of the latest non-invasive procedures.

DENVER - At Faces First, Dr. Christopher Cote and his colleagues are beautifying Colorado, one face at a time. With today's latest technology in facial treatments such as Botox® and Juvederm®, along with imaging software from Canfield Imaging, the specialists at Faces First can show you a customized image that's tailored just for you.

“From a digital photograph, the Canfield imaging software can actually simulate real-time rejuvenation such as removal of wrinkles and crow's feet...” says Dr. Cote. “These incredible tools have made it so easy to customize aesthetic and beauty care solutions for our patients. We can show them the benefits of our cosmetic services, while also clearly establishing reasonable and realistic expectations. Doctor-patient communication and treatment planning has never been so complete and effective. Facial treatments are not just an abstract concept to patients anymore, now they can actually see their OWN face, improving right before their eyes.”

Botox®, Juvederm®, and other injectable skin fillers are the latest in non-invasive aesthetic treatments. Fillers such as these are revolutionary in the short amount of time the procedures take, the reduced amount of downtime involved in recovery as opposed to traditional more invasive procedures, and the amazing, noticeable results. “Compared to the full-on facelifts of previous decades, the injectable fillers and treatments available now are beyond convenient and really effective.” says Dr. Cote. “Patients don't need to rearrange their entire lives to have a procedure done. They can come in, rejuvenate their image in a day or two, and get back to their busy lives looking younger and refreshed. The days where you had to have a full facelift in order to renew your look in a noticeable way are pretty much a thing of the past.”

What Is Botox?

Botox® is the brand name of a material produced by the bacterium *Clostridium botulinum*. Most of us are familiar with *botulism*, or food poisoning – which occurs when *Clostridium botulinum* bacteria is concentrated in large amounts. The main complication/result of botulism, weakness, is now being harnessed by scientists for

human advantage. Very small, diluted amounts of the toxin can be injected directly into specific muscles, causing controlled weakening of the muscles. In addition to the cosmetic aspect of Botox®, the FDA has also approved it for the treatment of ailments such as uncontrolled blinking, lazy eye and hyperhidrosis, or excessive sweating.

Other skin fillers such as Juvederm® and its competitor, Restylane® /Perlane® are administered in the same way as Botox® (injected) but are slightly different.

“Juvederm is a smooth injectable gel that is infused with lidocaine to reduce pain at the injection site.” says Dr. Cote. “It’s great for filling in those laugh lines and little marionette lines around the mouth that we all develop over time. The effects are natural and are visible within just a few treatments.”

Restylane® and Perlane® are both composed of hyaluronic acid, which is a naturally occurring substance in healthy skin. Hyaluronic acid’s main job is to provide fullness and elasticity. As you age, your skin produces less hyaluronic acid, and as it diminishes, so does the skin’s volume, allowing for wrinkles and folds to appear more noticeable. Restylane® has smaller particles of hyaluronic acid, while Perlane® has much larger particles, and is intended to be injected deeper into the skin for more dramatic results. Both have been well-tolerated by patients and produce lasting results, up to 6 months.

How Does Botox Work?

Botox® blocks signals from the nerves to the muscle. The treated muscle can no longer contract, thus the wrinkles that result from that contraction will relax and soften. Botox® is mostly used on forehead lines, crow’s feet (lines around the eyes) and frown lines. Botox® is not recommended for wrinkles caused by sun damage. Studies have also suggested that Botox® is effective in relieving migraine headaches, excessive sweating, especially of the palms and feet, and muscle spasms in the neck and eyes. “This is truly a multi-tasking treatment,” says Dr. Cote. “Botox is very versatile and helps so many different skin and body conditions. For some who suffer from embarrassing sweating or debilitating migraines, Botox can be the true answer.”

How Are Skin Filler Procedures Like Botox® Performed?

“Filler procedures typically take only a few minutes, and no anesthesia is required.” says Dr. Cote. “The filler is injected with a very fine needle into the specific areas with only minor discomfort. The full effects of treatment are immediate.” There aren’t really any restrictions for those being treated with injectable fillers such as Botox®; however, two weeks prior to treatment, it is

advised that patients do not use aspirin or other anti-inflammatory medications in order to reduce the chance of bruising.

What Are the Side Effects of Botox® and Other Fillers?

Dr. Cote says, “The most common side effect of Botox® is temporary bruising at and around the site of injection. Headaches can also occur, but most resolve within 24-48 hours. A weakness of the eyelid can be caused by inaccurate placement of the Botox® needle, which is why you should only have injections done by properly trained physicians and staff. I advise my patients not to rub or touch the treated area for at least 4 hours after the injection, nor to lie down for 3 to 4 hours after their treatment, to reduce the possibility of the Botox® serum migrating from the injection site.” There have been no reported allergies to Botox® to date.

Other fillers, such as Juvederm® and its competitor, Restylane®/Perlane®, have similar side effects as Botox®, including injection site bruising.

How Long Will the Filler Results Last?

Results from injectable Botox® can last anywhere from four to six months. As muscle action gradually returns, the lines and wrinkles will begin to reappear, thus needing re-treatment. “Some patients, approximately 20%, experience a gradual reduction in muscle movement with each office visit, resulting in less frequent Botox® treatments.” says Dr. Cote. “Most injectable fillers will produce long lasting results from six to twelve months or more from a single treatment.”

There is another up-and-coming competitor to Botox, being called the ‘next generation wrinkle reducer’, which is called Dysport. Dr. Cote remarks: “A key difference and benefit of Dysport over Botox is that it works incredibly fast, showing results almost immediately and has a more natural looking appearance, allowing you to make all those facial expressions without lasting wrinkles that were the goal of erasing in the first place. Botox typically takes a few days to reach its full effect, while Dysport may work in a matter of hours. Many patients choose Dysport because it will work more quickly before a party or social event.” Patients and doctors have also said that Dysport lasts longer than Botox. According to the FDA's website, Dysport stops the tightening of the facial muscles for up to 4 months. Some patients have reported that the results lasted longer though, as long as 6 months. Botox also lasts for a few months but patients report that Dysport lasts a bit longer.

What Should I Expect At the Doctor’s Office?

Here's what you might expect at the doctor's office from the moment you arrive until your procedure is done. (Please note that although this experience is typical, the routine at *your* doctor's office may be different.)

The day of your appointment: Allow time before your appointment for filling out forms and for consulting with the doctor or a member of his or her staff. If it's your initial visit, you may first meet with your doctor personally or a staff member. Many doctors have on-staff licensed aestheticians or nurses who are trained in skin care and skin care procedures who can answer many of your questions.

You may also be asked about your expectations for treatment and if you have any allergies or any condition that wouldn't make you a good candidate for Botox[®] or fillers.

Before the procedure: You will probably be seated in a reclining chair, much like you find in a dentist's office. No anesthesia is required, although your doctor may choose to numb the area with a cold pack or anesthetic cream before injections.

The procedure: Your doctor will determine where to administer the injections by examining your ability to move certain muscles in your brow area. The entire BOTOX[®] Cosmetic injection procedure takes approximately 10 minutes.

After the procedure: There's no recovery time needed. You're ready to get on with your day!

For more information on Botox[®], Juvederm[®], and other injectable skin fillers, contact Dr. Christopher Cote, Dr. Nicolette Picerno, and their colleagues at Faces First in Denver, 850 E. Harvard Ave., Suite 575 / 303.744.2300, or our Lone Tree office at 9218 Kimmer Drive, Suite 202 / 303.708.8787. Visit Faces First online at www.facesfirst.com.