



DR MATTEO
VIGO

PLASTIC SURGERY

THE GUIDE TO
GETTING GOOD BOTOX



Botox is one of the most popular cosmetic procedures for addressing fine lines and wrinkles across the visage. This treatment is entirely non-surgical and does not require any special aftercare or recovery time. Best of all, it provides subtle, natural-looking results. This makes it perfect for people who are unwilling to commit to the high-risk and dramatic changes that invasive procedures often entail.

Botulinum toxin anti-wrinkle injections work by relaxing the facial muscles responsible for wrinkles. When used appropriately, botulinum toxin is a great solution for reducing the appearance of wrinkles around the face. In particular, it is highly effective in the lip, forehead and eye areas. I always undertake a detailed medical consultation to assess your general health and requirements. After which, if it is deemed safe and appropriate then I can offer botulinum toxin anti-wrinkle injections as a treatment.

Botox is capable of minimizing or eliminating dynamic wrinkles on a temporary basis. This solution works by blocking the nerve signals that control the expressive muscles. Over time, the effects will gradually wear off and full nerve and muscle functioning will be restored. As such, you can expect the results of a Botox treatment to last approximately four to six months. You can simply have your injections repeated at my clinic multiple times per year once the results start to fade.

Given that only a very nominal amount of Botox will be injected into the targeted areas during your treatment, you'll retain sufficient muscle functionality for making a broad range of facial expressions. This means that you'll still be able to communicate a variety of emotions with your face, even as you enjoy a much more youthful appearance overall.



Procedure Preparation

In preparation for botulinum toxin treatment, or any injectable procedure, bruising can be minimized by discontinuing aspirin and any medication or dietary supplement that has anticoagulant effects two weeks before treatment.

Aftercare

Patients are advised to avoid lying supine following treatment for four hours. They are also advised to avoid massaging or applying heat to the treatment area, and to avoid activities that cause flushing (such as exercising heavily, consuming alcohol, and hot tub use) on the day of treatment.

Results and Follow-Up

Partial reduction in function of the targeted glabellar complex muscles is seen by the third day after botulinum toxin injection, with maximal reduction visible two weeks after injection. Return of muscle function is gradual, typically three to four months after treatment. Subsequent treatment is advised when muscle contraction is visible in the treatment area before facial lines return to their pretreatment appearance. After multiple treatments, botulinum toxin effects may be prolonged and, for some patients, treatment intervals can be extended beyond three to four months.

What are botulinum toxin injections used for?

Botulinum toxin injections are most commonly used for:

- Frown Lines
- Lines around the eyes (crow's feet)
- Horizontal forehead lines
- Nasal scrunch or squint lines
- Lines on neck

Botulinum toxin is also used in small amounts in a number of other areas on the face depending on the way your muscles of facial expression work. It can raise the outer part of the eyebrow if it is sagging, lift the corners of the mouth, and help to smooth out dimpled or cobblestoned chins. Generally it is not used in the lines around the mouth, usually because it might be difficult to speak and eat.

What is botulinum toxin?

Botulinum toxin is an injected liquid used to treat frown lines, squint and smile lines, nasal crunch lines, and horizontal forehead wrinkles. By relaxing the underlying muscles, these lines become less deep.

Botulinum toxin has been used to treat thousands of patients medically and cosmetically over 20 years. Botulinum toxin is produced in a lab by a bacterium called "Clostridium botulinum". It has been purified under very strict controlled conditions. The Botox brand of botulinum toxin is made by Allergan, a company with a twenty-year history of making this product safely.

When injected into a small facial muscle, it doesn't travel anywhere else in the body. It gradually wears off naturally over a 3-6 month period. There are other forms of botulinum toxin now being produced by other companies.

How long do the effects of botulinum toxin last?

Most patients find that the effects of botulinum toxin injections last approximately 3-6 month . Most of my patients come 3-4 times the first year and then 2-3 times a year after that. After the muscles have been relaxed for a while, it takes less to maintain that relaxation. But every patient is an individual, and there is no knowing exactly how you will respond.





How long does botulinum toxin take to work?

The effects are may be first noticed in 72 hours but it may take up to 7 days to maximize the effect. You may be asked to return after the first treatment so that I can assess your response. The first set of botulinum toxin injections may only give a partial response. This is common and complete relaxation may be noticed after the second or third treatment.

Do botulinum toxin injections hurt?

Botulinum toxin is injected with a very small needle (like an acupuncture needle), so it causes very little pain upon injection. Botulinum toxin does not cause irritation or inflammation. Occasionally, patients have noticed that there is a mild stinging sensation.

Are there any people who should not receive botulinum toxin?

Botulinum toxin injections should not be given to pregnant women, nursing mothers, or patients with neuromuscular diseases like myasthenia gravis, Lambert-Eaton syndrome, ALS (Lou Gehrig's), or motor neuropathy should not use botulinum toxin. Patients who are allergic to human albumin (different than an egg allergy) should not use botulinum toxin. It is not recommended in pregnancy or nursing because it has not been tested.

Are there any medical side effects?

Side effects include bruising, eyebrow or eyelid droops, and a temporary headache, and rare flu-like symptoms have been reported. Many of the side effects that are listed for botulinum toxin are seen when large amounts are injected for medical purposes as opposed to the small amounts used for cosmetic purposes. Very rare allergic reactions have been reported.

Cosmetic side effects of botulinum toxin?

We've all seen these - and with celebrities too frequently. Basically, these problems are due to either a inexpert injector or a patient who insists on this look despite all evidence that it looks bad! With an expert, experienced doctor or nurse injecting, these potential problems should be rare or nonexistent.

Does Botox interact with other drugs?

Very rarely. It is always important to let me know if you are taking other drugs.

A BRIEF NOTE FROM
DR. MATTEO VIGO



I decided to become a doctor at early age but I was not aware of the world of Plastic Surgery. Once I have discovered it I fell in love with the whole concept behind and how this field of Medicine can be helpful for many people.

I passionately believe that, in order to improve the physical aspect of a patient, the plastic surgeon needs to combine the principles of art and science, adopting a global approach to understanding the individual desires.

Plastic Surgery is a truly fascinating, dynamic, constantly evolving field of medicine and I believe that the role of a Cosmetic Surgeon is unique and highly privileged.

My main goal is to understand the needs of a patient and try to transform their desires into reality. The role of a plastic surgeon is not only merely surgical but also supportive in the decision process of the best treatment to help patients finding themselves and their wellbeing.

All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

I am combining experience, quality and professionalism to evaluate each single case and offer the best solution for my patients.

“Because you deserve the best” is my motto and I want always to put the patient at the centre of what I am doing.

You have to feel pampered, understood, listened, loved once in my office and the feedback of this feelings from my patient is my best satisfaction.

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Dr Vigo, please contact us today.

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Locations

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ESTELAZA CLINIC

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