



AESTHETIC AND COSMETIC DERMATOLOGY (LASERS SEPARATE CATEGORY)

BTXA – THE DOS AND DON'TS

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The aesthetic treatment with botulinum toxin A (BoNT-A) injections is well established, safe and effective. However, the treatment approach and consensus definitions have changed and evolved since the discovery of BoNT-A for aesthetic use.

The extensive researches in the field have provided new data, and mainly, a better understanding of the relationship between dosage, muscle response and aesthetic side effects. For instance, the used dosage has changed over the years. Whereas, the recommended dosages for the glabellar area were increased, the doses for the frontalis m. were reduced.

The current trend in the BoNT-A for aesthetic use is to target a natural look. Following this premise, the following DOs and DON'Ts might be observed:

DOs:

Use approved toxins;

Follow the consensus recommendations;

Respect a minimum interval of 3 months between applications;

Touch up patients around 30 days after applications;

Get to know facial anatomy deeply;

Pay attention and consider individual specific anatomical and functional characteristics;

Customize treatments for each patient;

Consider gender characteristics and treat the patient accordingly;

Treat asymmetries;

Follow up the patient and touch up, if needed;

Tell patients about the expected results and potential side-effects.

DON'Ts:

Do not use unapproved products or products of unknown origin;

Do not overdose patients;

Do not overtreat the frontalis m.;

Do not treat lower lid wrinkles in patients presenting skin redundancies and laxity, eye bulging, static wrinkles or severe photodamage;

Use the lowest effective dosage in the lower face, combination with synergistic treatments remains the trend for optimal results.

