

my body+soul

Everything you need to know about botox and fillers before taking the leap

A celebrity plastic surgeon reveals how much it costs, mistakes to avoid and the secret to subtlety.

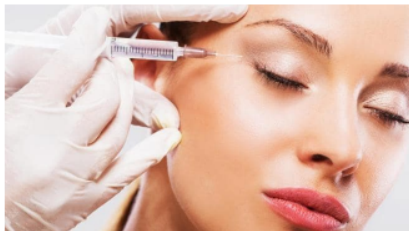


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Contrary to what many may think - and fear - about Botox and filler, these treatments have practically become an extension of the every-woman's beauty routine. As far as plastic surgery goes, they are fairly low-risk (you can get either done on your lunch-break) and are used by thousands of us both as a preventative and a treatment of the most common signs of ageing.

As of 2018, we beat out the US for the top spot as the biggest spenders on plastic surgery. Aussies clocked up over 500,000 cosmetic procedures last year alone, to the tune of \$1 billion. And most of these treatments were of the injectable variety.

Injectables (read: Botox and Collagen/filler) are used by women and men, young and old, for a whole host of ailments. Beyond aesthetics, Botox is used by many to relieve migraines, excessive sweating and even teeth grinding.

And while you've probably encountered a badly-executed example of filler, you'd never know if you met someone that had a professional subtly inject them with micro-doses of Botox and/or filler. It truly is an art form, and like most things in life, you get what you pay for.

Someone in this business of art is Dr Paul Nassif. His name sounds familiar because Dr Nassif is a celebrity plastic surgeon, and one half of the hosting Dr duo on E! series 'Botched'.

We threw all the most commonly asked questions at Dr Nassif regarding injectables...

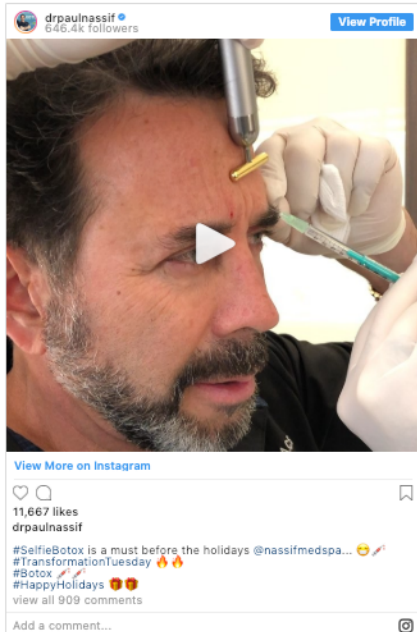
Botox

What is it exactly?

Botox is a protein derived from a specific strain of bacteria that reduces muscle contraction. Botox can take up to 7-10 days to show full effect.

Does it have side effects?

There are a number of possible side effects with Botox, depending on the location of injections and the dose used. With injections for aesthetic purposes, side effects could include facial asymmetry and difficulty moving particular facial muscles needed for smiling or raising eyebrows.



Who would suit this treatment?

There are a wide number of medical benefits to Botox including reduction of migraines and TMJ (temporomandibular joint dysfunction). From an aesthetic standpoint, a good candidate for Botox is any healthy individual looking to reduce or diminish lines with movement or line lines at rest. People also use Botox for facial slimming and adding a subtle raise to the eyebrows.

Who should avoid this treatment?

Botox should not be administered to patients who are pregnant or breastfeeding or patients that have had an allergic reaction to any other botulinum toxin. There are a few other major medical conditions that might exclude patients from Botox, including severe lung diseases such as COPD.

What is a masseter Botox?

Injecting Botox into the masseter muscle can slim the face by reducing the size of the facial muscle located near the jawline. Botox in the masseter also improves teeth grinding and reduces symptoms of TMJ, including headache and pain in the jaw with eating. Very minimal complications when injected properly.