

Medically Speaking

Educating and Answering Your Questions

You Deserve to Lose Your 11's

I think for many men and women, the subject of having a youthful look is always exciting. With so many treatments and procedures available these days that can help, it's not always easy to follow and learn on your own. Here are a few common questions I'm asked about how these procedures work.

Q: What is all the buzz about the facial rejuvenation treatments?

A: There are so many forms of facial cosmetic procedures offered these days. While some may require a permanent commitment, others can be a little easier and less invasive. One example of an easy procedure is Botox®. Unlike other cosmetic procedures that can cause severe bruising or internal bleeding, Botox® treatments are a far safer option.

Q: How does Botox® treatment work?

A: If applied correctly, it works by relaxing the muscle and reducing the appearance of wrinkles and fine lines.

Q: Are the results permanent?

A: It wears off in around 3 months. It seems that people who regularly receive Botox® find the interval between treatments lengthens – even up to 6 months.

Q: Which facial wrinkles can be smoothed by Botox®?

A: Wrinkles around the eyes and eye brows, wrinkles on the forehead, the upper part of the face, and facial fillers are best suitable to fill the smile lines around the mouth.

Q: Who can perform Botox® treatments and Fillers?

A: The key here is to choose a doctor who has had an advanced training on Botox® and whose main focus is working with the face and facial muscles. So, the best advice is to ask for the doctor's credentials.

Q: Are there side effects?

A: If you go to a skilled doctor with a proper training, a side effect may be a need for a "touch up" or small bruise, but it is not common. A lack of training or limited training could result in the medicine being placed into the wrong muscle that you don't want weakened. For example, an eyelid muscle could weaken and a mild droopy eyelid or eyebrow could occur, but even that is temporary.

Q: Are there other medical benefits from Botox® treatments?

A: A series of Botox® injection treatments have been shown to reduce the occurrence of migraines. In one study, nearly 80% of migraine sufferers said the severity of their headaches had been cut in half. Botox® helps relax the muscles that are responsible for the onset of these headaches.

Q: OK, so where does one start?

A: The first important step is to schedule an appointment with an



experienced practitioner for a comprehensive facial evaluation with a complete set of facial photos. Know all your treatment options before any commitment is made.

Q: It is normal to have an option for facial treatments during a periodic dental appointment.

A: Yes, my patients frequently comment on how convenient it is to get their teeth cleaned and, at the same time, get a Botox® injection to help with their dental needs, as well as to smooth out wrinkles. It is a logical extension of what dentists already do. We are well trained in the musculature and anatomy of the face, so we are among the most qualified because we focus exclusively on the face.

Q: How can I learn more?

A: Just so you know we offer free seminars and consultations to patients. As the director of education at the Pacific Training Institute for Facial Aesthetics (PTIFA) for the U.S. and Europe, I've traveled the world educating dentists on using Botox®. Last month I was lecturing in Switzerland and Germany on how to use Botox® for dental applications, and I am currently preparing to present to the dental community worldwide the first documented case of using Botox® for hygienic reasons. At PTIFA, we offer one of the most advanced anatomy-based courses for doctors and dentists in the U.S. and Canada. Our program is the only one that has been used by dental schools to establish a standard practice in the field of Botox® and facial aesthetics, and it is geared to help doctors achieve desired results with no negative side effects.

Remember if you have any other questions you just need to call your Neighbor
Dr. Vladimir Pastouk



*Dr. Pastouk was named
Top Cosmetic and Implant Dentist
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