

# About Dr Lindsey Crockett

Dr Lindsey Crockett is a practicing GP and aesthetic doctor with a wealth of expertise in conventional and cosmetic treatments for both the face and body.

She provides a personal, comprehensive, non-surgical cosmetic and anti-ageing treatment service. Free consultations include a full medical assessment during which information as to suitability and options are provided in a clear and honest way.



**Dr Lindsey Crockett**  
**MEDICAL AESTHETICS**

## Botox®

As we age, the repeated use of our underlying facial muscles and a decrease in the skin's natural elasticity results in permanent creases or wrinkles. This can cause the face to appear older and may not reflect the inner youthful spirit. If you are unhappy with these facial wrinkles, creases or folds, then Botox® and Restylane® may be for you. Such safe, virtually painless, highly effective and long lasting treatments aim to give you a softer more youthful appearance, so that you can look the age you feel.

### What is Botox®?

Botox® is a diluted form of Botulinum toxin. When it is given as small painless injections into the facial muscles it will block the signal from the nerve to the muscles causing them to relax. This relaxation of the underlying muscle will result in a softening and sometimes (if desired) a total elimination of facial lines.

### Where can I have Botox®?

Botox® is most effective in the upper third of the face, to treat lines around the eyes (crows feet), horizontal forehead lines and the vertical frown lines above the bridge of the nose. Botox® is also used as an extremely efficient treatment in the underarm area and will stop excessive perspiration (*see hyperhidrosis*).

### Can I have Botox®?

You should not undergo treatment if you are pregnant or breast feeding or if you suffer from a neuro-muscular disease such as myasthenia gravis or multiple sclerosis. Patients taking aspirin or blood thinning medication will be more prone to bruising at the injection site.

### How long does Botox® last?

Successful therapy is signalled by muscle relaxation that begins between two and ten days after injection. The main effect will be visible after seven days and will initially last for up to four months for most people. To achieve the best result Botox® is injected to a level which does not cause complete freezing of the muscles but just relaxes them enough to give a more youthful and natural look to the overlying skin.

### Can Botox® help prevent wrinkles?

Yes, Botox® has a preventative effect when used repeatedly and will reduce the onset of wrinkles forming or worsening in the long term. This is partly due to the re-education of the facial muscles.

### How often is re-injection needed?

Re-injection is suggested every 3-4 months to keep the muscles relaxed and allow any wrinkles to completely smooth. Once the area is smooth, patients are instructed to return for therapy only when they notice a return of muscle activity, which may not occur for as long as one year later.

### What unexpected benefits can come from Botox® therapy?

Tension headaches and migraine for some patients have disappeared. This occurs in patients using the muscles of the forehead and brow during periods of stress and tension. When these muscles are relaxed using Botox®, the headaches can improve.

### How painful are the injections?

The smallest needles are used and the Botox® itself is virtually painless. Anaesthetic cream can be used prior to injection if desired. It is advised not to use aspirin, as this can increase the chance of bruising.



### What should be expected after Botox® therapy?

Botox® is a remarkably safe treatment for wrinkles. Complications have been minor and only temporary. However small bruises may occur at the injection site and a brief pain or headache may follow. You may not notice any change in muscle activity until the tenth day after injection. The results are not immediate.

### Could there be complications?

As with any sort of injection, there can be some bruising and minor swelling, although this is not severe and resolves within a few days. Very rarely the toxin reaches the upper eyelid muscle and this can result in a slight temporary drooping. This is the most significant complication and occurs in less than 1% of all injections. The likelihood of this complication is reduced by proper placement and accurate dosage, as well as the patient keeping upright for 4 hours after injection. Special eye drops are available to reduce the drooping, if it occurs.

### What are the alternatives to Botox®?

Filling agents such as Restylane® may help to eliminate deeper expression lines. (*See Dermal Fillers*).

For more information on any of the available treatments or to book a **free** consultation please call us on **0845 3513519** or **07788 418794**

Treatments are available from our clinics in Harley Street, Kingston upon Thames, Notting Hill, Surbiton, Teddington, Thames Ditton or Wembley.

### Contact us

t **0845 3513519** or **07788 418794**

f 020 8940 9400

e helibi@doctors.org.uk