

THE WHAT? WHY? WHO? WHERE? WHEN? HOW? OF BOTOX®

DR. AJAYA KASHYAP, MD, FACS

Dr. Ajaya Kashyap, MD, FACS – Double American Board Certified Plastic Surgeon and the only active member of ASPS (American Society of Plastic Surgery) in India. Dr. Ajaya Kashyap has had over 15 years of experience in the USA and has developed ground breaking cosmetic techniques. Dr. Ajaya Kashyap completed his 2 year Fellowship in Plastic and Reconstructive Surgery at University of Massachusetts Medical Center, Massachusetts, U.S.A., following completion of a 5 year Surgical Residency at Robert Packer Hospital (Guthrie Clinic), Sayre, Pennsylvania, and Surgical Research at UCLA. He has published and presented over 35 research papers nationally (U.S.) and internationally.



We laugh, we cry, we grimace and we frown and we watch others as they laugh, cry, grimace and frown. The numerous little muscles of facial expression move in sometimes obvious and sometimes subtle fashion to mirror our emotions. After millions of such movements these muscles leave permanent impression on our faces making us look tired, tense and aged even at repose. We would love to erase these “worry lines”, “crow’s feet”, “frown lines” and “laugh lines”, if only we could. These lines of expression, Animation lines or “Hyperkinetic lines” are a result of muscle movement. The only solution to this problem would be some process that would relax the muscles either chemically (“Chemodeneration”) or surgically. The former solution has been offered by botulinum toxin injected in small quantities. The US based company, Allergan, has made this treatment safe and effective through their product – BOTOX®, which US FDA has approved.

Some questions are frequently asked about this treatment.

What is BOTOX®?

BOTOX® is used as a trade name by Allergan. In 1966, an Ophthalmologist Alan Scott, discovered the therapeutic use of the BOTOX®. in small controlled doses-Chemodeneration. He used it in 1978 to first treat spasm disorders of the eyes to relax overactive muscles. In the 1980s and 1990s the uses of BOTOX® were further extended to include Chemodeneration for cosmetic purposes. BOTOX® is a purified protein complex produced by the clostridium botulinum bacterium. Approved by the United States FDA, BOTOX® is the world’s No.1 brand in cosmetic clinics, with 11 million procedures since 2002. There is only one BOTOX®, which is the trade name of Allergan. I have been using this product for the past 10 years and have been recognized by the company for the same.

Who needs Cosmetic Treatment with BOTOX®?

Anyone between the ages of 18 and 65 who has excessive or bothersome animation or Hyperkinetic lines on their faces is a candidate for this procedure, once he or she has been medically evaluated. These lines include on the upper part of the face- “worry lines” and “frown lines” between the eyebrows and the forehead and also “crow’s feet” around the side of the eyes. In the mid-face most lines are static which do not respond to BOTOX®, however, “bunny lines” on the nose and lines on the upper lip show good response in small doses. In the lower face and neck, the neck lines and bands show good response to BOTOX®.

Is cosmetic treatment with BOTOX® limited to treatment of lines on the face?

The treatment of lines on the face is only a small part of the cosmetic treatment plan of any Cosmetic Surgeon. Most experienced surgeons now think of BOTOX® as a tool for facial reshaping. It is useful in lifting or dropping of the eyebrows and forehead-the direction of movement will depend on the exact muscle being treated. There are three muscles that drop the eyebrow and one that elevates it. Precise understanding of the muscles is essential to selectively relax the muscles. People who have a “gummy smile” or a “canine smile” with overexposure of teeth and gums can be helped by injection of muscles that lift the different parts of the upper lip. Nostril flaring which may be excessive can also be similarly treated.

What is the treatment like?

The treatment is usually straightforward, simple and safe in the hands of the experienced physician. It involves multiple small injections at precise locations with very fine needles. I do advice a cold pack after the treatment. The procedures are usually done in a properly equipped Office or Clinic. Treatments performed by personnel other than physicians are to be discouraged. There is usually no need to take time off from work or other activities

How soon will a definite difference be seen and how long will it last?

Improvement starts as early as 3-4 days. A definite improvement can be seen in about a week and maximal improvement is achieved in 30 days. The effects last for about 4-5 months and BOTOX® injections can be repeated at this time.

Are there any adverse reactions?

There are possible adverse reactions which are mainly due to incorrect administration of BOTOX® by inexperienced physicians or non-physician personnel. It is important to find out the extent of experience the physician has had with BOTOX® and their medical training. This product should not be administered by any non-physician personnel. Severe adverse reactions can occur if the product is not the authentic FDA approved Allergan BOTOX®.

Will I still be able to express myself that is smile or frown when needed?

When proper doses are used, the aim is not to weaken the muscles but to relax them. It should still be possible to use the muscles to express your emotions.

How do I know that I am choosing the right person to do the treatments?

Good results are dependent on the expertise of the physician and a qualified physician preferably in Plastic Surgery or Dermatology would be the ideal person to evaluate and offer this treatment. It is also important to ask the physician how long he or she has been offering this treatment and how many such treatments has he done so far. It is equally important to ask if there have been any problems that their patients have had.

Is BOTOX® safe?

BOTOX® has been approved by the US FDA, one of the most stringent drugs approving authority worldwide. BOTOX® is in clinical use for the last thirty years and is marketed in around 80 countries for 21 different indications. Till date, it has not been withdrawn from any country for safety reasons. Moreover, Allergan continuously monitors the use of BOTOX® to ensure proper use.

The views expressed in this article are Dr. Ajaya Kashyap’s. He can be contact at: akashyapmba@aol.com. Telephone: 011 26109898.

