

BOTOX® : A FACELIFT IN A BOTTLE!

Dr. Bindu Sthalekar is a Consulting Dermatologist & Cosmetologist, practicing in South Mumbai for the last two decades.

To further her expertise in her chosen field of Cosmetology, she underwent training in USA & Paris, France. She is an active Fellow of the American Academy of Dermatology member of the Indian Academy of Dermatology and member of the World Society of Anti-Aging Medicine.



Dr. Bindu Sthalekar

Dr. Bindu specializes not just in treatment of Dermatological ailments for conditions like – Acne, Psoriasis, Vesico-bullous diseases,

Urticaria, but has successfully extended her Cosmetology practice to include therapies and treatments with BOTOX®, Fillers, Mesotherapy, Chemical Peels, Lasers for hair reduction and Cellulite & Fat reduction.

The many years of her Professional career has won her several appreciation Awards for Presentations and Public service in the field of Dermatology – the Dr. Handa Prize from the IADVL& an award from the Giants Group of Mumbai. She has contributed to furthering of knowledge in Dermatology by presenting quite a few papers and delivering lectures at seminars and conferences in India and abroad.

They say - "Wisdom comes with age". Unfortunately, so do wrinkles! Life's experiences become the laugh lines around your eyes and mouth, and wrinkles around your forehead. In the 21st century people are living longer and are healthier, but they want their skin to look younger as well. Although we can not turn back the clock and make them younger, but we can surely make them "look" younger.

Men and women seeking to reverse the flow of time are constantly looking for quicker, safer and less invasive options. BOTOX® is that option in a bottle.

What is BOTOX®?

BOTOX® is a natural purified protein extracted from bacteria. It is harmless. It is used for treating various medical conditions besides the aesthetic indications.

Is BOTOX® painful? Is it given under anesthesia?

BOTOX® injections are given with a very thin needle. This pain is described as an "ant bite". No local anesthesia is required.

How does BOTOX® act?

When we frown, blink or squint the skin overlying the muscle responsible for these actions, creases into folds, thereby forming wrinkles. When BOTOX® is injected into these muscles it temporarily relaxes them hence preventing their contraction. Once the muscle action has been relaxed the existing creases fade away and further lines are prevented. Therefore "BOTOX® is very effective even before the lines are formed."

Does the effect last forever?

The effect of BOTOX® injection lasts for 4-6 months. Generally BOTOX® needs to be given 2-3 times in 1 year.

How long does the procedure take?
It takes

about 10 to 20 minutes. Therefore it is known as a "lunch time" procedure. It's like coming to the clinic looking tired and worn out and going back looking fresh, rested and with softened facial expression.

What are the side effects?

In less than 2% of the patients, BOTOX® can produce drooping of eyelids. This is temporary and lasts upto 10 days to 2 weeks. Some may get bruising at the site of injection and headache which is temporary and disappears within few days.

Is it possible to get a face lift with BOTOX®?

Facelift means to erase facial lines, lift the sagging skin, and correct the visible signs of aging for aesthetic purposes. It is done by a surgical procedure. But now we have BOTOX® that offers a quick, safe, and a very effective alternative to a facelift without surgery.

Which are the aesthetic indications?

By now we all know BOTOX® is widely used for softening the line in the upper face i.e. forehead lines, frown and crow's feet. But very few people are aware that BOTOX® is becoming increasingly popular in successfully lifting the lower part of the face and treating the ungainly neck lines. These commonly reversible indications are:

- Brow lift: Raises the eyebrows to give a more open eye youthful appearance.
- Bunny lines
- Nasal tip elevation: To give a cute, pert nose
- Smoker's lines: around the lips
- Poppy chin
- Masseter: A square jaw which gives a masculine appearance gets contoured into a softer oval look by injecting into the masseter muscles. A model's envy and a photographer's delight!
- Droopy mouth: which gives sad woes begone look can be instantly changed to give an happy expression.
- Jowls on the jaw line: A well defined jaw is a sign of youthfulness which you get by relaxing the muscles and treating the neck bands that contributes to the sagging of the lower face.
- Lines on neck - horizontal lines
- Neck bands - chicken legs

30 mins or less is what it takes with BOTOX® in a bottle to give you a neck like Queen Nefertiti and face like Cleopatra!

The views expressed in this article are Dr. Bindu Sthalekar's. She can be reached at

Tel-91 22 23825161/ 23812827
e-mail: drbinduss@hotmail.com
web: www.skisolutionsindia.com

