



ALASKA WOMENS ADVANCED AESTHETICS

4050 Lake Otis Pkwy suite 106 Anchorage, AK 99508, (907)743-8064

After your Botulinum Toxin Type A injection, remain upright and active for a minimum of 4 hours

- Contract the treated muscles once every 15 minutes the first hour. This will help the muscles absorb more, maximizing effectiveness.
- DO NOT touch or put pressure on injected area for 24 hours.
- No heavy exercises or stimulation of blood pressure for 4 hours.
- DO NOT consume alcohol within 24 hours of your injection.
- The onset of effect can start the day of injection or up to 10 days.
- Please call if you have any concerns or questions post injection. Certain patients require more than others to achieve the desired effect. Additional units are charged at our everyday price. If full desired results are not seen in **10 days**, please call the office.
- The treatment lasts approximately 3-4 months, but in all cases the patient will need to have additional treatment to maintain the desired effect.
- After several treatments, the effect last longer and longer
- To remove lines completely, additional therapy such as derma fillers, Thermage or Fraxel should be considered. Discuss this with the Physician, if interested.
- Many patients use a combination of Botulinum Toxin Type A with other treatments such as chemical peels, derma fillers, microdermabrasion, laser treatments with little or no downtime.
- Call our office at (907)743-8064 during regular hours if you are not getting the results you desire or are concerned about possible side effects that you may be having.
- Use dietary 50 mg zinc citrate and phytase to boost effect of botulinum toxin (Can be found online as Zytase or search for it online, separately, for a more affordable price. Phytase is a digestive enzyme.)

J Drugs Dermatol. 2012 Apr;11(4):507-12.**Effect of dietary zinc and phytase supplementation on botulinum toxin treatments..PURPOSE:** To determine whether oral zinc supplementation might affect the efficacy and duration of botulinum toxin treatments.**METHODS:** In a double-blind, placebo-controlled, crossover pilot study, we examined the efficacy of three botulinum toxin preparations (onabotulinumtoxinA, abobotulinumtoxinA, and rimabotulinumtoxinB) following oral supplementation with zinc citrate 50 mg and phytase 3,000 PU, zinc gluconate 10 mg, or lactulose placebo in individuals treated for cosmetic facial rhytids, benign essential blepharospasm, and hemifacial spasm.**RESULTS:** In seventy-seven patients, 92% of subjects supplemented with zinc 50 mg and phytase experienced an average increase in toxin effect duration of nearly 30%, and 84% of participants reported a subjective increase in toxin effect, whereas no significant increase in duration or effect was reported by patients following supplementation with lactulose placebo or 10 mg of zinc gluconate. The dramatic impact of the zinc/phytase supplementation on some patients' lives clinically unmasked the study and prompted an early termination.**CONCLUSIONS:** This study suggests potentially meaningful role for zinc and/or phytase supplementation in increasing the degree and duration of botulinum toxin effect in the treatment of cosmetic facial rhytids, benign essential blepharospasm, and hemifacial spasm.