

FACE FACTS WITH DOCTOR NESTOR: DID SOMEONE SAY 'BOTOX'?

Welcome to the June/July issue of SalonNV. Summer is here, although it might not feel like it outside, but it's time to look good, to look fabulous, to look... youthful!



In this issue, I'm going to concentrate on the most popular, non surgical medical cosmetic procedure the world has ever seen. With well over one million treatments in the UK alone last year, BOTOX® has consistently remained in the number one spot for several years.

'BOTOX' is a word kicked about quite flippantly. *What is it? What does it do? Who can administer it? Who is it for?* First, some facts and a touch of history. BOTOX® is the brand name of a drug made from botulinum toxin. Several companies make a version of this drug. They vary on how long they last, how far they spread, what kind of results they give and their cost. I'm not saying one is better than the other, I'm just saying, strictly speaking there is only one BOTOX® which is made by a company called Allergan. It's like saying "hoover" and referring to all vacuum cleaners. They're not all the same. Ask DYSON. BOTOX® has been used medically for just over 60 years. Interestingly, it is the most researched drug in the world... ever! So it's safe (in the right hands and when used correctly of course).

Now that that is cleared up, *what does it do and how does it do it?* Lets touch on a bit of anatomy... the brain sends branches of nerves to muscles which in turn send a signal to make that muscle work. Botulinum toxin stops this signal from jumping from the nerve to the muscle. As a result no movement.

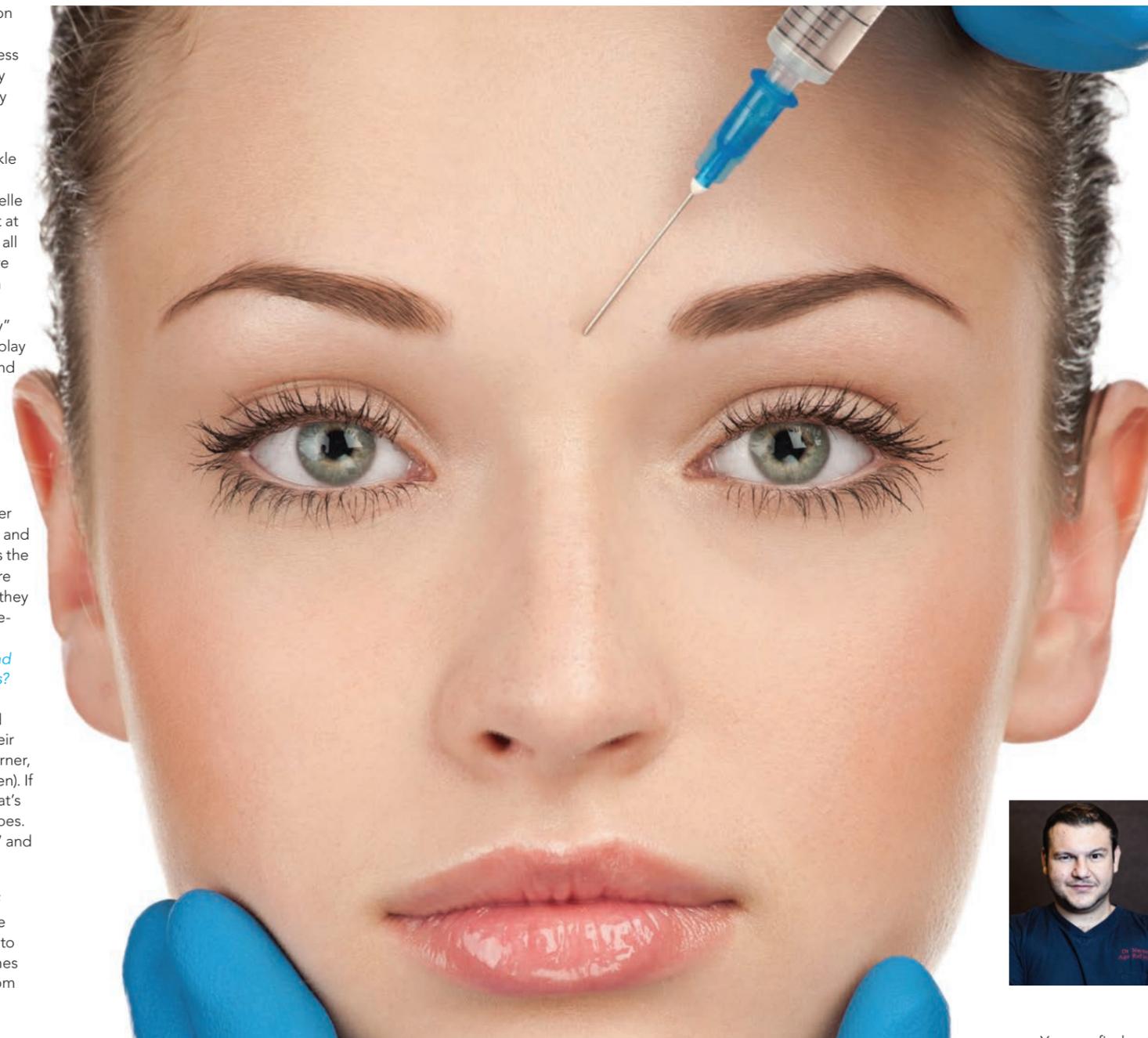
BOTOX® has been used cosmetically for 26 years. It has been used on and off label in the upper third of the face for getting rid of our "angry scowl", "crows feet", forehead lines and in the most recent years has been used in the lower half of the face for "gummy smile", "orange peel chin", even in the neck and further afield in breasts. Wherever used, the reason is the same... to stop or weaken movement. If we can reduce how much the muscle moves, then we can reduce how much the skin over it will wrinkle. See where I'm going with this? No more wrinkles! If we start taking the wrinkles away we start to look that bit fresher and more youthful.

Who can prescribe and administer botox?

BOTOX® and all such drugs are prescription only medications. This means that only a doctor, nurse prescriber or dentist can assess a patient and prescribe it. Not only are they the only ones who can prescribe it, but they are the only ones that have access to it. If it's not coming from them, it's not the real deal. There are many salons offering "wrinkle relaxing injections", and certainly before setting up my own clinic with my wife Michelle (a nurse prescriber- and no, we didn't meet at work), we ran clinics out of salons and spas all over Scotland. Many of you will already have medical practitioners coming to your salon and offering treatments. Many of you are looking for someone. The "hair and beauty" world is a wonderful industry where we all play our part. We all have our roles, strengths and weaknesses, and when we come together, we can do great things for the people that matter the most, our clients, our patients. Remember this when you are approached by a medical practitioner or seek one for your clients. They are YOUR clients, the reason you are in business. You want to offer them the best service, the best treatment, and the best experience. Do your homework. Is the practitioner qualified? Are they insured? Are they treating your clients responsibly? Are they easy to contact? If the treatment went 'pete-tong' would they know what to do?

What can you do to make the treatment and experience better and safer for your clients? A clean environment is critical. Good light and privacy are paramount. Your client and the practitioner must be comfortable in their surroundings, not made to squeeze in a corner, over a sink (don't laugh I've seen this happen). If your practitioner doesn't use "BOTOX", that's ok, but don't tell your clients that he/she does. You wouldn't say 'great lengths extensions' and use something else would you?

Who is it for? There isn't really an age restriction on when to get treatment, but if we understand why we are using it, then we can appreciate at what age it's acceptable to start. If our aim is to soften the stubborn lines that have become engrained in our skin from



repetitive movement (static lines), then wrinkle relaxing treatments should really start in our late 20s, early 30s. I'm not saying it has to start then, but this is an acceptable time.

There is no good reason to start treatment before these static lines appear. Unfortunately we live a country where the weather is miserable and the sun is something we only read about in holiday brochures, so many flock to sun-beds. Sun-beds speed up our skins ageing process and I have seen static lines in girls as young as 19. Not good. Wrinkle relaxing treatments will last 3-5 months, and to sustain the result, will require to be done again and again and again. The earlier you start the longer you will need to get it for to achieve your desired result.

BOTOX® and dermal fillers shouldn't be abused. Our end goal shouldn't be 'plastic fantastic'. It's about looking good, looking great. NATURALLY great. As humans, we are gifted with emotion and facial expression of these emotions, whether we're laughing, smiling, engaged in conversation or just annoyed. As a cosmetic doctor, and I'm sure most of my colleagues will agree, our aim is to airbrush out the lines that come from years of facial movement, restore some youthful volume in areas that have lost it, improve the quality of your skin, and all around, get you to look like you, on your best day. It's when practitioner and patient lose the path of a natural result and aim for unrealistic 20 years younger that we end up with horrifying results. I'll be writing about 'when treatments go bad' in a few issues time, but only after I've introduced you to the wonderful world of dermal fillers in my next issue.

Have a great start to your summer. Wear sunscreen daily, even in Scotland. Stay off the sunbeds. See you all in the next issue where we will be answering some of the questions you've sent in.

If you have a question for Dr Nestor about wrinkle relaxing treatments, dermal fillers, skin health, how to responsibly provide treatments by a Doctor, Nurse or dentist in your place of work, or anything else in Cosmetic Medicine send him an e-mail to the address below.



Email the doc at drnestor@salonnv.co.uk
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