



DR. SHAHRAM SAJJADI
PLASTIC SURGEON

YOUR GUIDE TO **BOTOX**:
EVERYTHING YOU NEED TO KNOW



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Botulinum toxin can be used for the cosmetic treatment of facial lines, and the rejuvenation of skin and underlying tissues. However, from a purely functional perspective, Botulinum toxin can be used to control muscle spasm, pain and excessive sweatiness.

In its more common cosmetic usage, Botulinum toxin works by stopping the transmission of nerve impulses to the facial muscles that contract and cause wrinkles, such as frown-lines between the eyebrows and crows' feet around the eyes. Unable to frown or perform other basic muscle contractions, patients find that about a week after a Botulinum toxin injection their facial wrinkles smooth out, giving them a more relaxed and youthful look. This effect begins to wear off after two-to-5 months months, at which point the facial muscles start to work again. This is usually the time when most patients come back for a top-up.

Botox anti-wrinkle treatment can smooth out age-related wrinkles such as crows feet, frown lines or lines on the forehead. It works in a different way than the injected gels and the effects last between 3- 6 months.

It is a highly popular method of softening facial expression lines and making your face look refreshed. Botox is injected directly into the muscle causing the dynamic wrinkles to soften. A very small needle is used to minimize discomfort. The injection feels like a small prick with a little stinging. The entire procedure takes about 10 minutes. Since the procedure is non-surgical, no recovery time is needed, and patients can return to work or other activities immediately. The procedure consists of a 10-minute treatment a few tiny injections and within days there's a noticeable improvement in moderate to severe frown lines between the brows.



How to prepare

Tell your doctor if you've had any type of Botox injection within the past 6 months. Also tell your doctor if you take muscle relaxants, sleeping aids or allergy medications. If you take blood thinners, you may need to stop taking them several days before your injection to reduce your risk of bleeding or bruising.

Before the treatment

Most people don't feel much discomfort during the procedure. But you may want your skin numbed beforehand, especially if your palms or soles are being treated for excessive sweating. Your doctor might use one or more of various methods available to numb the area, such as topical anesthesia, ice and vibration anesthesia, which uses massage to reduce discomfort.

During the treatment

Botox injections are usually performed in a doctor's clinic. Your doctor uses a thin needle to inject tiny amounts of botulinum toxin into your skin or muscles. The number of injections needed depends on many factors, including the extent of the area being treated. Botox injections are usually done in a doctor's clinic.

After the treatment

Do not rub or massage the treated areas, avoid direct sunlight, excessive heat, exercise, hot baths, or lying flat for 4 hours. This may help prevent the toxin from spreading or getting absorbed before

fully being attached to the desired receptors at the muscles. You can return to your normal activities right after the procedure.

Botox Results

Botox injections usually begin working one to three days after treatment. Depending on the problem being treated, the effect may last three months or longer. To maintain the effect, you'll need regular follow-up injections.

Botox Risks

Botox injections are relatively safe when performed by an experienced doctor. Possible side effects and complications which are very rare may include:

- Pain, swelling or bruising at the injection site
- Headache or flu-like symptoms
- Droopy eyelid or cockeyed eyebrows
- Crooked smile or drooling
- Eye dryness or excessive tearing

Although very unlikely, it's possible for the toxin in the injection to spread in your body. Call your doctor right away if you notice any of these effects hours to weeks after receiving Botox:

- Muscle weakness
- Vision problems
- Trouble speaking or swallowing
- Breathing problems
- Loss of bladder control



Dr. Sajjadi is a fellow of The European Board of Plastic, Reconstructive and Aesthetic Surgery (EBOPRAS) and a Member of the Royal College of Surgeons in Ireland (MRCS).

Dr. Sajjadi's practice goals are to provide compassionate, detailed care for his patients and delicate surgery. He believes that 'beauty is a pleasant blend of harmony and contrast' and based on this concept he aims to create the most natural appearance rather than an artificial look.

Dr. Sajjadi graduated in 1999 as a doctor in general medicine at the University of Pecs in Hungary. Following this he trained in general surgery at the Department of Surgery of The University of Pecs in Hungary and The Royal College of Surgeons in Dublin, Ireland. He was awarded specialist status in general surgery in Hungary and membership of the Royal College of Surgeons in Ireland in 2004 and 2005 respectively.

After completing his training in plastic surgery in 2008, he was awarded the specialist qualification in Plastic, Reconstructive and Aesthetic Surgery from the National Board of Qualifications in Hungary. He then spent 6 months as a fellow of the Dutch Association of Facial Plastic, Reconstructive and Aesthetic Surgery (DAFPRAS) in the Netherlands and Belgium. He has been trained in cosmetic surgery by well known cosmetic plastic surgeons such as Jerome Stevens, Alexis Verpale and Patrick Tonnard in Holland and Belgium. He has also

worked in London for 8 months in St George's University Hospital focusing on reconstructive facial surgery and skin cancer.

Dr. Sajjadi's prime interests are facial aesthetic surgery and rejuvenation, facial fat transfer, injectables, fillers, brow lift, short scar MACS facelift, rhinoplasty, facial reconstructive surgery, breast reconstructive and aesthetic surgery, breast implants, mastopexy, breast reduction, breast lipofilling, gynecomastia, body contouring after massive weight loss, upper and lower body lifts, liposuction and liposculpture, abdominoplasty, hernia repair and female genital and perineal reconstructions.

Dr. Sajjadi attends numerous conferences and workshops both nationally and internationally thus remaining up to date with evolving trends in aesthetic surgery.



DR. SHAHRAM SAJJADI
PLASTIC SURGEON

AESTHETICON DMCC

Swiss Tower, unit 2202, Cluster Y3
Jumeirah Lake towers (JLT)
Dubai

T: +971 4 4311863
M: +971 52 984 3498

AMERICAN ACADEMY OF COSMETIC SURGERY HOSPITAL

Building 73, 26th St
Dubai Healthcare City
Dubai

T: +971 4 423 7600
M: +971 55 356 2018

LEILA HARIRI DENTAL AND MEDICAL AESTHETICS CLINIC

Villa 410
Al Wasl Road,
Dubai

T: +971 4 349 5432