

## **How to Make Botox Results Last Longer**

Aging is a fact of life but looking your age isn't! "Keep calm and get Botox", they say. But what if the recent lockdown has rendered both impossible? Is there a way you can prolong the magical effects of expensive injections during the syringe hiatus? We sought advice board-certified advice from professionals to bring you the answer.

### **How Does Botox Work?**

Botox reduces dynamic wrinkles but not ones caused by UV damage or gravity. Toxins from *Clostridium botulinum* is injected in minute amounts to block signals from nerves and cause paralysis. Botox only lasts for about 3 to 12 months depending on individuals.

### **Is it Possible to Make Botox and Fillers Last Longer?**

Botox is not permanent because new nerve endings grow to stimulate muscle movement again. NY Facial plastic surgeon, Dr. Konstantin Vasyukevich says that many uncontrollable factors determine how long they last. Such include variability in an individual's metabolism and immune response. Both him and dermatologist, Dr. Michele Green, however, agree on some simple ways to prolong the results of Botox.

\* The following sections should be on the left side column of the Page\*

### **Use Sunscreen**

Sun damage can cause premature wrinkles. Drink sufficient fluids and protect your skin with a broad-spectrum sunscreen.

### **Eat Right**

Avoid highly processed foods and eat a balanced diet. Fresh fruits and vegetables contain antioxidants great for skin health.

## **Stress Less**

Stress accelerates aging signs. Incorporate stress-relieving activities such as yoga and meditation to relax.

## **Hydrate**

A lack of elasticity in dry skin means more wrinkles. Keep your skin hydrated and moisturized.

Buff your Skincare Routine

A religious skincare routine is the holy-grail to healthy skin. Incorporate skin peels and collagen to speed up cell regeneration for a more youthful tone.

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## **Are There Any Effective Products?**

Although plastic surgeon, Dr. Jennifer Levine, claims that no topical treatment that can be as effective as Botox, she, amongst other doctors, advocate the below to help relax wrinkles:

Peptides, specifically hexapeptides. (Recommended: Neocutis Bioserum Firm at \$275)

Collagen boosting ingredients, specifically hyaluronic acid and retinol. (Recommended: RoC Retinol Correxion Line Smoothing Night Serum Capsules at \$33)

## **How Can I Be Aware of False Claims?**

Many innovations on the market promise the miracle of youth. Not all are FDA-approved and backed with evidence. When in doubt, ask certified skincare professionals. Dr. Green is especially skeptical of radiofrequency home devices that tout anti-aging benefits. Dr. Levine concurs and recommends that only medical-grade skincare or prescriptions should be used.

Botox has replaced diamonds to become girls' best friend. We hope these tips will help you ride out the Botox drought till your next appointment!