

A close-up portrait of a woman with a soft smile, her hands framing her face. She has dark hair, well-defined eyebrows, and is wearing light pink lipstick. The background is a warm, golden glow.

DR MATTEO
VIGO

PLASTIC SURGERY

A BEGINNER'S GUIDE
TO **BOTOX WRINKLE**
RELAXING INJECTIONS

Wrinkle relaxing injections in the form of Botox are commonly requested treatments that continue to uphold their popularity and are aimed at targeting 'animation' lines and wrinkles on the face and chest. They are successful in delivering youthful rejuvenation to one's appearance, creating a fresher, brighter look to the treated area.

Fine lines and wrinkles are a common result of the ageing process. The skin naturally contains two products: collagen and elastin. These naturally occurring elements work to keep the skin's structure firm and full, with the ability to stretch and contract. As we get older the collagen and elastin can start to reduce and the body becomes a little less efficient in continuing their production as quickly as before. This results in the structure of the skin losing elasticity and strength, therefore allowing the muscles to leave a visible permanent mark on the skin itself which from temporary, becomes permanent and visible not only on animation, but also at rest.

IDEAL TARGET AREAS FOR BOTOX

A variety of areas can be affected in the mid, upper or lower face:

- forehead lines
- crows feet / laughter lines
- nasolabial folds
- marionette creases
- frown lines
- vertical lip lines
- jowls

People affected by any of these concerns can often feel unhappy with their appearance, feeling that they have taken on an aged look. Treating these complaints with wrinkle relaxing injections can create a smoother appearance to the skin and help to improve self-confidence by temporarily pausing the ageing process.



HOW DOES BOTOX WORK?

Botox works by blocking nerve signals to the muscles. This prevents them from moving, which, in turn, prevents wrinkles from appearing. Note that Botox does not remove wrinkles – it prevents muscles from contracting and creating wrinkles in the process. Simply put, it prevents you from making the facial expressions that form the wrinkles that come with them.

THE BOTOX PROCEDURE

In preparation for botulinum toxin treatment, or any injectable procedure, bruising can be minimized by discontinuing aspirin and any medication or dietary supplement that has anticoagulant effects two weeks before treatment.

Patients are advised to avoid lying supine following treatment for four hours. They are also advised to avoid massaging or applying heat to the treatment area, and to avoid activities that cause flushing (such as exercising heavily, consuming alcohol, and hot tub use) on the day of treatment.

Partial reduction in function of the targeted glabellar complex muscles is seen by the third day after botulinum toxin injection, with maximal reduction visible two weeks after injection.

Return of muscle function is gradual, typically three to four months after treatment. Subsequent treatment is advised when muscle contraction is visible in the treatment area before facial lines return to their pretreatment appearance. After multiple treatments, botulinum toxin effects may be prolonged and, for some patients, treatment intervals can be extended beyond three to four months.

HOW LONG DO THE EFFECTS OF BOTOXLAST?

Most patients find that the effects of botulinum toxin injections last approximately 3-6 months. Most of my patients come 3-4 times the first



year and then 2-3 times a year after that. After the muscles have been relaxed for a while, it takes less to maintain that relaxation. But every patient is an individual, and there is no knowing exactly how you will respond.

HOW LONG DOES BOTOX TAKE TO WORK?

The effects may be first noticed in 72 hours but it may take up to 7 days to maximize the effect. You may be asked to return after the first treatment so that I can assess your response. The first set of botulinum toxin injections may only give a partial response. This is common and complete relaxation may be noticed after the second or third treatment.

DO BOTOX INJECTIONS HURT?

Botulinum toxin is injected with a very small needle (like an acupuncture needle), so it causes very little pain upon injection. Botulinum toxin does not cause irritation or inflammation. Occasionally, patients have noticed that there is a mild stinging sensation.

WHO IS THE IDEAL CANDIDATE FOR BOTOX?

Many patients are surprised to hear that there are actually different types of wrinkles, and Botox® only works on some of those imperfections. This injectable isn't going to erase any wrinkles that have been caused by sagging or loose skin. That being said, it is an excellent option for dynamic wrinkles around the eyes and on the forehead. It can also be used to treat deeper folds along the outside of the mouth. Before you have this treatment carried out, Dr. Vigo will need to take a look at your medical history and carefully inspect your face.

Administering this facial rejuvenation product is extremely easy, and the entire treatment usually only takes five or 10 minutes. Botox is administered with a very fine needle, but Dr. Vigo wants to be absolutely sure that his patients remain as comfortable as possible. Following your injections, Dr. Vigo suggests that you stay out of direct sunlight and avoid strenuous activities for at least an hour. Most patients claim that the side effects are very mild, and you won't have to follow any complicated aftercare instructions.

YOUR REJUVENATED APPEARANCE

Millions of Botox injections are carried out every year, and this injectable has helped countless patients eradicate wrinkles and fine lines.

Reducing the appearance of fine lines and wrinkles using injections containing Botulinum Toxin can produce naturally subtle results that deliver rejuvenating restoration to the face and chest, for a more youthful appearance.

As Botulinum Toxin is a product that relaxes the muscles, it is also an effective treatment in successfully improving excessive sweating. A condition that affects the hands, feet or underarms, excessive sweating can be a visually problematic condition that may cause embarrassment to the sufferer as it can produce damp patches on clothing and can be also accompanied by odour. The relaxing properties that Botulinum Toxin delivers to the muscles, helps to alleviate over stimulation of the sweat glands, thus slowing down the production of sweat.

Dr. Vigo is always available for any post-treatment advice, and will ensure he will answer any further questions or concerns at any time, following the procedure.



DR MATTEO
VIGO
PLASTIC SURGERY

A BRIEF NOTE FROM
DR MATTEO VIGO



I decided to become a doctor at early age but I was not aware of the world of Plastic Surgery. Once I have discovered it I fell in love with the whole concept behind and how this field of Medicine can be helpful for many people.

I passionately believe that, in order to improve the physical aspect of a patient, the plastic surgeon needs to combine the principles of art and science, adopting a global approach to understanding the individual desires.

Plastic Surgery is a truly fascinating, dynamic, constantly evolving field of medicine and I believe that the role of a Cosmetic Surgeon is unique and highly privileged.

My main goal is to understand the needs of a patient and try to transform their desires into reality. The role of a plastic surgeon is not only merely surgical but also supportive in the decision process of the best treatment to help patients finding themselves and their wellbeing.

All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

I am combining experience, quality and professionalism to evaluate each single case and offer the best solution for my patients.

“Because you deserve the best” is my motto and I want always to put the patient at the centre of what I am doing.

You have to feel pampered, understood, listened, loved once in my office and the feedback of this feelings from my patient is my best satisfaction.

Dr Matteo Vigo



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**BOTOX
DUBAI**

**WRINKLE RELAXING
INJECTIONS DUBAI**

To book a consultation with
Dr Vigo, please contact us today.

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