

Contents

1	Overview of Botulinum Toxin	1			
	Berthold Rzany, Hendrik Zielke				
1.1	Introduction	1			
1.2	Different Subtypes of Botulinum Toxin	1			
1.3	Mode of Action	1			
1.4	Antidote	3			
1.5	Different Products	3			
1.6	Units of Botulinum Toxin	3			
1.7	Off-Label Use	4			
1.8	New Drugs	4			
1.9	Evidence Behind the Use of BNT-A	4			
1.10	Efficacy: Optimal Dosage	5			
1.10.1	Botox	5			
1.10.2	Dysport	6			
1.11	Effectiveness: Dosages and Repeated Treatments	6			
1.11.1	Botox	7			
1.11.2	Dysport	7			
1.12	Safety	7			
1.13	Short-term Safety: Eyelid Ptosis	7			
1.13.1	Botox	7			
1.13.2	Dysport	7			
1.14	Long-term Safety: Eyelid Ptosis	8			
1.14.1	Botox	8			
1.14.2	Dysport	8			
1.15	Marketing and Evidence	8			
1.16	References	9			
2	Patient Selection	11			
	Mauricio de Maio, Berthold Rzany				
2.1	Indications for BNT	11			
2.1.1	Introduction	11			
2.1.2	Kinetic Patients	13			
2.1.3	Hyperkinetic Patients	14			
2.1.4	Hypertonic Patients	15			
2.1.5	Outcome Analysis	17			
2.1.6	Tips and Tricks	18			
2.1.7	References	18			
2.2	Contraindications for Botulinum Toxin	18			
2.2.1	General Contraindications	18			
2.2.2	Drug specific Contraindications	18			
2.2.3	References	19			
3	Requirements and Rules	21			
	Berthold Rzany				
3.1	Introduction	21			
3.2	Documentation	21			
3.2.1	Chart	21			
3.2.2	Photograph	22			
3.2.3	Consent	22			
3.2.4	Treatment Plan	22			
3.3	Staff	22			
3.4	Technical Requirements	22			
3.4.1	Room	22			
3.4.2	Chair	22			
3.4.3	Mirror	22			
3.4.4	Cosmetic Marker	22			
3.4.5	Standard Setting	22			
3.4.6	The Toxin	23			
3.4.7	Tips and Tricks	24			
3.4.8	References	24			
4	Injection Technique	25			
	Berthold Rzany				
4.1	Introduction	25			

4.2	Standard Technique	25	5.5.4	Patient Selection	57
4.3	Microinjection Technique	25	5.5.5	Technique	58
4.4	Other Techniques	26	5.5.6	Complications	58
5	The Most Common Indications	27	5.5.7	Tips and Tricks	61
	Berthold Rzany, Mauricio de Maio		5.5.8	References	61
5.1	Forehead	28	5.6	Nose	61
5.1.1	Introduction	28	5.6.1	Introduction	61
5.1.2	Anatomy	28	5.6.2	Anatomy	61
5.1.3	Aim of Treatment	28	5.6.3	Aim of Treatment	62
5.1.4	Patient Selection	29	5.6.4	Patient Selection	62
5.1.5	Technique	32	5.6.5	Technique	62
5.1.6	Complications	33	5.6.6	Results	64
5.1.7	Tips and Tricks	33	5.6.7	Complications	64
5.2	Glabella	33	5.6.8	Tips and Tricks	66
5.2.1	Introduction	33	5.6.9	References	66
5.2.2	Anatomy	33	5.7	Nasolabial Fold	66
5.2.3	Aim of Treatment	34	5.7.1	Introduction	66
5.2.4	Patient Selection	34	5.7.2	Anatomy	67
5.2.5	Technique	35	5.7.3	Aim of Treatment	67
5.2.6	Complications	36	5.7.4	Patient Selection	67
5.2.7	Tips and Tricks	37	5.7.5	Technique	68
5.3	Brow lift	37	5.7.6	Complications	69
5.3.1	Introduction	37	5.7.7	Tips and Tricks	69
5.3.2	Anatomy	37	5.7.8	References	69
5.3.3	Aim of Treatment	38	5.8	Cheek Lines	71
5.3.4	Patient Selection	38	5.8.1	Introduction	71
5.3.5	Technique	39	5.8.2	Anatomy	71
5.3.6	Complications	45	5.8.3	Aim of Treatment	71
5.3.7	Tips and Tricks	45	5.8.4	Patient Selection	73
5.3.8	References	45	5.8.5	Technique	73
5.4	Crow's Feet and Lower Eyelid	46	5.8.6	Complications	76
5.4.1	Introduction	46	5.8.7	Tips and Tricks	76
5.4.2	Anatomy	46	5.8.8	References	76
5.4.3	Aim of Treatment	47	5.9	Gummy smile	77
5.4.4	Patient Selection	47	5.9.1	Introduction	77
5.4.5	Technique	48	5.9.2	Anatomy	77
5.4.6	Results	51	5.9.3	Aim of Treatment	78
5.4.7	Complications	51	5.9.4	Patient Selection	78
5.4.8	Tips and Tricks	54	5.9.5	Technique	79
5.4.9	References	54	5.9.6	Complications	82
5.5	Bunny Lines	56	5.9.7	Tips and Tricks	82
5.5.1	Introduction	56	5.9.8	References	82
5.5.2	Anatomy	56	5.10	Upper and Lower Lip Wrinkling	82
5.5.3	Aim of the Treatment	57	5.10.1	Introduction	82
			5.10.2	Anatomy	82

5.10.3	Aim of Treatment	83	6.1.8	Conclusions	99
5.10.4	Patient Selection and Evaluation	83	6.1.9	Tips and Tricks	101
5.10.5	Technique	83	6.1.10	References	101
5.10.6	Complications	85	6.2	Facial Lifting	
5.10.7	Tips and Tricks	85		with Botulinum Toxin	102
5.10.8	References	85	6.2.1	Introduction	102
5.11	Marionette Lines	86	6.2.2	Anatomy Antagonists and Synergists	103
5.11.1	Introduction	86	6.2.3	Aim of Treatment	105
5.11.2	Anatomy	86	6.2.4	Patient Selection	105
5.11.3	Aim of Treatment	86	6.2.5	Technique	109
5.11.4	Patient Selection and Evaluation	86	6.2.6	Complications	114
5.11.5	Technique	86	6.2.7	Tips and Tricks	114
5.11.6	Complications	88	6.2.8	References	114
5.11.7	Tips and Tricks	88	6.3	Treatment with Microinjections	115
5.12	Cobblestone chin	88	6.3.1	Introduction	115
5.12.1	Introduction	88	6.3.2	Microinjections of the Crow's Feet Area	115
5.12.2	Anatomy	88	6.3.3	Microinjections of the Longitudinal Lines of the Cheeks	115
5.12.3	Aim of Treatment	89	6.3.4	Doses to be Used	116
5.12.4	Patient Selection and Evaluation	89	6.3.5	Combination of Macro- and Microinjections	116
5.12.5	Technique	89	6.3.6	Disadvantages of the Microinjection Technique	116
5.12.6	Complications	89	6.3.7	Tips and Tricks	116
5.12.7	Tips and Tricks	90			
5.13	Platysmal bands	90	7	Safety of Botulinum Toxin in Aesthetic Medicine	119
5.13.1	Introduction	90		Berthold Rzany, Hendrik Zielke	
5.13.2	Anatomy	90	7.1	Introduction	119
5.13.3	Aim of Treatment	90	7.2	Adverse Side Effects Due to Injection	119
5.13.4	Patient Selection	91	7.2.1	Injection Pain	120
5.13.5	Technique	91	7.2.2	Hematoma/Injection Site Bruising	120
5.13.6	Complications	92	7.2.3	Headache	120
5.13.7	Tips and Tricks	92	7.2.4	Localized Skin Dryness	122
6	Advanced Indications and Techniques	93	7.3	Adverse Events Due to Local Diffusion/Distribution	122
	Mauricio de Maio, Berthold Rzany		7.3.1	Eyelid Ptosis	122
6.1	Facial Asymmetries	93	7.3.2	Ectropion	122
6.1.1	Introduction	93	7.3.3	Strabismus	122
6.1.2	Anatomy	94			
6.1.3	Aim of Treatment	97			
6.1.4	Patient Selection	97			
6.1.5	Technique	97			
6.1.6	Results	99			
6.1.7	Complications	99			

- 7.3.4 Pseudoherniation . . . 123
- 7.3.5 Complications After Perioral and Neck Treatment 123
- 7.4 Adverse Events Due to Hyperactivity of Adjacent Muscles/Brow Malposition . . 123
- 7.5 Adverse Events due to Generalized Distribution . . 124
- 7.6 Allergies to Botulinum Toxin-A 124
- 7.7 Formation of Antibodies . . . 124
- 7.9 References 124

- 8 Combination Therapy – The Microlift Procedure** . . . 127
 - Mauricio de Maio
 - 8.1 Introduction 127
 - 8.2 Botulinum Toxin and Chemical Peels 128
 - 8.3 Botulinum Toxin and Laser Resurfacing 128
 - 8.4 Botulinum Toxin and Fillers . . 128
 - 8.5 Botulinum Toxin and Brow Lift with Suspension Threads . . . 132
 - 8.6 Botulinum Toxin, Eye Surgery & Other Tiny Details 132
 - 8.7 Botulinum Toxin and Facelift . 132
 - 8.8 The Microlift Procedure: BNT-A as an Important Ally! . 134
 - 8.9 Tips and Tricks 135
 - 8.10 References 135