

RealSelf[®] MEMBER GUIDES

Edited by
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14 Things I Wish I Knew Before Getting Botox

Sharon is one of many moderators for RealSelf. She developed this list based on first-hand **Botox** experiences reported by members of the RealSelf community.

1) Everybody Offers Botox. Who Should You Trust?

It's very important to research the person doing your injections. Botox isn't something to take lightly. Having a nurse do mine was my mistake. I'm not saying that there aren't nurses qualified to do Botox. But, in my case she injected too deeply and too low. I have had consultations with two other cosmetic surgeons since my droopy lid. They both said the same thing. Too low, and too deep. - [misssteela](#)

I would definitely suggest going to a dermatologist or plastic surgeon for these shots. I once went to a doctor who did this on the side (she was an gynecologist who decided to offer this at her office). The results there were poor. The dermatologist and plastic surgeon who did these on me were great. The results were wonderful! - [paducahapss](#)

I was at my dentist for a cleaning and I was offered a Botox injection for my wrinkles. I guess they couldn't tell I had Botox last month. I looked up his certifications on the way out and Googled it at home. Wow! He learned it in one weekend. No thank you. I am sure there are gifted superhumans out there but I don't think my dentist is one. - [VancouverFace](#)

Went to a new clinic and just "knew" after the injections that they weren't done right. I found out that the doctor is a psychiatrist with very little facial Botox experience. - [Sacramento9355](#)

If you had a bad experience chances are you went to the wrong doctor. I have been to several doctors and there is a very big difference from one to the next. But don't judge by price -- some of the cheap ones are great, some are terrible. Same for the expensive ones. Talk to people and check out the doctor before you go. - [shosho1948](#)

2) Do Your Homework

Do a bit of research. Don't inject yourself, but look up and read about injection techniques and "off-label" techniques so you know what your injector is up to and what to ask for. The informed patient is the happy patient! - [bb7880](#)

Real Facts

Data below derived from RealSelf reviews at time of publication. Click on the respective facts to learn more.

Average Cost
\$500

Worth It
Rating
64%

Total Reviews
632

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Before I went in, I researched every horrible thing that could ever happen from Botox and got myself completely freaked out. I went in talking about droopy eyelids and migraine headaches. My doctor completely reassured me and said that had never happened to anyone she had worked on, but was honest about the slight risk. She suggested that we use a very light dose this time and see how it goes. So we did that, and I am so happy with the results. I still can make expressions, but my wrinkles are gone! - [liljgirl](#)

3) Price

Make sure your doctor charges you "per unit of Botox," NOT "per area of the face." Doctors who do it "per area of the face" are cheating you. - [truecolors](#)

I got 52 units at \$12.50 per unit. Not the cheapest, but administered by a Doctor. It being my first time, I thought it would be better than going to a hairdresser to get it done (funny how some people trust their aesthetician because it's half the price). - [Mr. Rick](#)

I had Botox on my entire forehead -- I have six continuous horizontal lines across my forehead and I'm only 35. Mine cost \$225 for the entire area and was done by an RN / aesthetician who is overseen by a doctor. - [Missmoo](#)

I think for around your eyes and forehead, Botox is great way to go. It's temporary but it's effective; not too expensive. I pay \$350 for the entire treatment session and this lasts three months. - Kelly A.
The doctor-owned spa that I go to has \$10 per unit specials once a month. - [secretsister](#)

My preferred doctor charges per Botox session and I prefer it that way. He just does whatever is necessary on my face at that time for a fixed price. Sometimes it's probably a little more and sometimes less. I figure it'll average out. If it turns out to be not enough I get some extra shots later free of charge (this only happened once in three years). So basically I'm paying for the result. When I was charged by unit, I paid twice as much. How do I know how many units I really need or how many I'm getting? It seems some doctors get better results with less units by injecting it the right way. With a fixed price I know what I'm going to pay and I can budget accordingly. - [ErikaM](#)

4) What's It Like to Get Botox?

Very quick procedure...10 minutes, tops! No anesthetic or numbing medicine required. The needle is so small, you don't need it and there is nothing to be afraid of. I am not a needle person and now have learned to love the needle (HA HA!). Pain of injections on a scale of 1 to 10 was about 1.5, with some areas more sensitive than others. - [RdLlRose](#)

I felt nothing more than a prick. Went to work an hour later. Nobody noticed a thing. - [Mr. Rick](#)

5) Pain, Swelling & Bruising

I had some mild red spots at the injection sites, but they were gone the next day. Overall, the discomfort with Botox is very minimal, especially in relation to the phenomenal results. - [mannonj](#)

I had swelling around the injection sites for five minutes, it was totally gone by the time I left the clinic. I did get some bruising, it was similar to what you get after a blood test, it was easy to cover with makeup and went away in a few days. - [Krystalgem](#)

6) Botox Results

It took a few days for the results to become apparent (which is normal), but when the Botox took effect it was visibly smooth. Don't be alarmed if it takes a few days to see the results... it will kick in all at once, and you will love what it does to relax the lines that are driving you crazy! I don't have an artificial look at all -- it's just youthful. - [mannonj](#)

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The key is MODERATION. Go conservative. You can always do a little more. Plenty of my friends come back (from their doctor) looking like "the Joker." I have my doctor do just a little... enough to give me lift, to look fresh, but not "different." - [marecat](#)

I have been very satisfied with Botox on the crease between my eyebrows and bunny lines on the sides of my nose. I do NOT recommend it for any other area! I've had my forehead treated... it made my eyebrows droop. I've had crow's feet treated... it made my cheeks fall. Several people said I looked different (not in a good way). My husband, who notices nothing, noticed the awful results. I've had my lower eyelid injected for creping skin under my eyes... it made the sagging significantly worse. I've had my lips injected for the small lines... couldn't say my "M's" for a month. My lip just hung there. - [Julie7](#)

7) Botox Side Effects

My dermatologist is skilled but didn't warn me that some people do, in fact, have reactions. No pharmacy-grade medicine out there is 100% safe for all populations. - [Natick](#)

The only con for me is a droopy lid. Having a droopy or closed eyelid is going to affect the way you feel about yourself. When you shell out hundreds of dollars to look better, you expect to look better. I hate it that I spent so much money and can't enjoy any of the benefits of the Botox because my eye looks so awful. After six weeks and my eye finally looking better, I can say that I will have Botox again. - [missesteelaura](#)

During an ER visit I was diagnosed as having a reaction to the Botox I received a few days earlier. Nobody in my small town seems to be aware of this, including the dermatologist who administered the Botox. I felt like I was in a fog and extremely sensitive to cold. It took well into nine months for me to feel better. - [GRS](#)

I had Botox injected and experienced blurred vision. It has not gone away. It's worse when I am in the sun and when I walk. I went to the eye doctor today. The doctor said my vision is 20/20 and they don't see anything wrong. It is extremely frustrating. After five weeks it finally started going away. I thought it was going to drive me insane. I tried everything: Eye patch, several kinds of eye drops, ice, massage the eye. Unfortunately nothing worked. All you can do is wait it out. It still isn't 100 percent, but it is much better. - [Michell07](#)

I get a severe headache for weeks after Botox injections! None of the docs ever seem to care. Allergan told me a percentage of people do get a headache for a couple of weeks and you just have to wait it out. Never again for me! - [berykute1](#)

The results were stunning, but Botox does definitely make you feel a little weird. I had no bruising or swelling at the injection sites, but I was a little ill after each treatment a few days later (nothing terrible though). - [ClaireK](#)

8) Getting Rid of Botox

Time and patience. That's it in a nutshell. I'm five months post-op and only recently feeling better. No magic cure. It's no secret, it's just when your body is ready to get rid of it! - [Trippy65](#)

It is so strange to me that licensed practices that inject this stuff give you no warning or suggestions for an antidote. I too tried massaging, heat... hoping it would get out of my system quicker. It's the "over thinking" that makes it all worse. But let me say: It will stop and your life will get back to normal. - [Uh Oh](#)

9) How Long Does Botox Last?

It usually lasts for about three months on me... the longest lasting about five months. - paducahapss

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Some people with metabolic differences may "soak it up" quickly. I have some (serious) bodybuilding friends that required Botox every two months initially to get it going. - [bb7880](#)

The Botox honestly lasts me between 6-9 months and when it does wear off my wrinkles are nowhere near as deep as they used to be. (You can't create more or deeper wrinkles if you can't make them.) - [Vanessa](#)

10) Botox May Change More Than a Few Wrinkles

Be careful. I got Botox done for frown lines and now look even more angry and serious than I did before. If you are someone who looks pretty when you smile or when you lift up your eyebrows, you might not like the way Botox on the brow makes you look. I know after I got mine done, people have stopped laughing at my jokes and get offended when I make a sarcastic comment, because I don't look like I'm kidding. - [aboutface](#)

You relax the muscle in one area and that affects another. My crow's feet are gone but my under eye now has awful bags and wrinkles. I would never do this again. I embrace my crow's feet and can't wait for them to come back actually. - [Amaxy](#)

Botox has fully taken effect now and my forehead looks unbelievable! Literally took five years off... not to mention, it lifted my eyes up and opened them up way more! - [RdLlRose](#)

When I got Botox at 38, I seriously couldn't believe how great I looked. I really did look more like 29. It was very natural looking. It messes up your judgment, a bit. I got sucked into the idea that my value is tied to my looks. My kids didn't care about my wrinkles and neither did my husband. - [Natick](#)

Think long and hard before getting Botox around your eyes as it has ruined my face. I had Botox between my eyebrows for frown lines twice before and I was really pleased with the results. I should never have thought that just because it was a success in that area it would be a success around my eyes. The eyes are such an important feature in our faces: They show laughter, sadness, fear, etc. Once you take away the eyes' ability to show emotion, you do not look real. - [Beth F](#)

11) Preventative Botox

One suggestion I will give to the younger ladies (and guys) out there: If you know you don't like wrinkles, start getting Botox BEFORE they set in. When you smile or frown, the lines you see will eventually permanently crease in your skin. I wish I could have gotten to my frown lines five years ago. Now I may need to spend much more money for fillers. - [aboutface](#)

12) Botox Isn't Just for Wrinkles

I got Botox in my neck and shoulders for pain after a fusion. They gave me two full syringes each time. - [Della Palladino](#)

I receive Botox in my brow furrow, forehead, crow's feet, and also he injects me just above the outer third of my eyebrow, creating a very cool arch that I normally don't have. This is called an Anterior Brow Lift. I really love this. - [Yecatsr](#)

I had Botox for hyperhidrosis under my arms about 16 months ago (50 units, each arm). - [jellycar27](#)

I had my first Botox injections and had great results for not only deep-set frown lines but, miraculously, my migraines, which plagued me daily, were gone! However, the Botox wore off in two months and my migraines returned. I believe that Botox is the answer for migraine sufferers. - [Rhee1985](#)

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I have had terrible muscle spasms in my neck and shoulders for 30 years. It is constant and painful. On a scale of 10 for relief, the best chiropractors might make a two and the treatment lasts maybe a few weeks. But Botox is awesome! I had seven shots in each side from the edge of my shoulders up to high on my neck. The relief was easily an eight, and lasted several months. It was the best I had felt since the problem started. - [4096anon](#)

13) Does Botox Train Your Muscles?

I was told, with extended use, Botox might last longer. For me, this is not the case. I still get Botox about every three months, even after years of having it done, but it is worth it! - [paducahapss](#)

It is strange not to be able to move your forehead muscles when you are used to making faces. But, my doctor claims that a few years of training myself not to flex those muscles will take a decade off my face by the time I'm 50 and I believe him. I do not at all look frozen or mask like -- no one knows I've done anything except the few people I've told. - [ClaireK](#)

I notice that the more I get it, the less I need it because it causes my muscles to stop wrinkling my skin, and over time my skin looks smoother and smoother. It is a great investment! - Krystal
I haven't found that my muscles have gotten trained to relax the wrinkles, so I still require the same routine visits as when I started. - [Kelly A.](#)

14) Expert Tips From Long-Time Botox Fans

I have been getting Botox for more than 10 years for frown lines. Although I was hooked from the start I was often surprised to find that sometimes I had great results and other times not so great. I have learned that some doctors are better injectors than others and that fresh Botox (reconstituted on the same day) is far better than day-old or week-old Botox. - [octonc](#)

I get "toxed" with 50 iu (international units) to my brow, glabella and crow's feet approximately every 4-6 months. For me it was important to allow the Botox to help me retrain my muscles. Now that's hard to explain, but I'd watch myself in the mirror and keep myself from making certain movements. When I felt that "heavy" feeling while making certain brow expressions it was an indication that I shouldn't make that movement. - [bb7880](#)

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