

Wanna look beautiful?

◆ **Cosmetic dermatologist explains about Botox, clears misconceptions surrounding it**

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It is every person's wish to look good on their wedding day. While make-up helps people to an extent, Botox and fillers are extensively being done by brides and grooms to look perfect. With limited knowledge around it, many are in a dilemma on whether to go for it or not.

In an e-mail interview with *News Today*, celebrity cosmetic dermatologist and founder of Kosmoderma Skin and Hair Clinic Dr Chytra V Anand, cleared the air about the common misconceptions surrounding it.

Q) What are the options available for brides to get the perfect skin apart from routine visit to the parlour?

A) The recommended in-clinic treatments for brides and grooms are Mesoglow (multi-vitamin injection), for excessive sweating they can go for a hyperhidrosis treatment.

Also, available is microdermabrasion or skin polishing, facial contouring (Botox / fillers), body shaping, skin brightening treatments, laser hair reduction to get rid of excessive hair and eye treatments for dark circles and puffy eyes.

Q) Tell us about how Botox / fillers are getting popular with brides and grooms.

A) Botox and fillers are making an obvious difference in how one may look on the wedding day. By the skillful use of Botox and dermal fillers, the following are possible - brow lift, non-surgical rhinoplasty or nose reshaping, cheekbone creation, glamour spot, lip pout, facial reshaping, chin shaping, jaw line shaping, feminisation or masculinisation.

Botox can only treat wrinkles caused by muscular contractions (dynamic wrinkles). Some facial lines and wrinkles (passive wrinkles / deep expression lines) can be eliminated by fillers / chemical peeling / re-surfacing.

Q) What are the other health benefits of Botox?

A) Not only is Botox FDA-approved,



Dr. Chytra V Anand

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The common concerns grooms face are pigmentation, under eye dark circles, dull looking skin, too much body hair, body odour and breakouts due to stress.

but it's a very common procedure. It's used for cosmetic reasons, but it also helps with other health concerns. Botox was first approved by the FDA in 1989 to treat blepharospasm of the eyelid, and now can treat hundreds of medical conditions, such as hyperhidrosis (excessive sweating) or chronic migraines.

Q) Ahead of a wedding, when should a person get the Botox done?

A) Botox treatment generally can be taken between 10 and 30 minutes, depending on the number of areas to be treated. Results are seen as early as a week and last up to six months. You will be asked to return at the end of two weeks post-treatment for a review of the results and if needed a top-up. So, ideally it should be done two to three weeks ahead of a wedding.

Q) What should a person keep in mind while getting Botox done?

A) It is important to remember that Botox is safest when used by a board certified dermatologist or a plastic surgeon. The practitioner needs to be mindful of balance and symmetry. Each person has different needs and only an expert can help you truly fulfil those needs.