

The Future of Injectables: Baby Botox (No Babies Involved)

For many years, Botox has reigned as the number one most popular cosmetic procedure performed in the United States. Although many people tend to think that Botox is only used by older patients to get rid of fine lines and wrinkles, a number of Millennial and Gen X celebrities and influencers are also getting onboard with the Botox trend through “Baby Botox”.

So what is the Baby Botox exactly? In the simplest terms, a Baby Botox procedure involves tiny doses of Botox being injected into the brow and forehead to prevent the formation or deepening of wrinkles. Because the treatment uses a lower number of Botox units, the results are more natural and less “frozen”. Many people regard this process to be the future of injectables.

What Is Baby Botox?

For over 20 years, Botox has been the go-to treatment for fine lines, crow’s feet, and deep folds around your face. This FDA-approved product is best known as a quick in-office, non-invasive procedure that restores a more youthful appearance in men and women alike. However, not every patient is willing to go through the standard dose for the procedure.

A lot of patients fear looking “frozen”, “stiff”, or “unnatural” and request for a lower volume of botulinum toxin injection. Thus, Baby Botox was born. Instead of using 25 units, for example, you can use 10 units in super targeted micro injections. Some cosmetic surgeons believe that this ‘micro-Botox’ is best suited for first-time users of botulinum toxin.

How Does It Work?

Botox is created using botulinum toxin type A. What botulinum does is to block the nerve signals in your muscles, preventing them from contracting. The toxin ‘paralyzes’ the muscles, minimizing the appearance of fine lines because your muscles aren’t forming the creases caused by facial movements. Usually, a dose of Botox is injected into areas such as the forehead, around the eyes, and the corners of the mouth.

Baby Botox utilizes the same science in lower doses to achieve a more natural, less dramatic result. Instead of two or three syringes, it may only take one or half a syringe to get the job done. Patients will still have some control over the movement in their face and there are longer gaps in between treatments.

The risk of looking “plastic” will also be lessened. For example, a lower dose injection to the frontalis muscle in the forehead won’t affect the face and let the eyebrows droop. Before undergoing the procedure, it’s first important to be clear with your provider about the results you expect and the dose of Botox they will be using.

Here are some of the things you need to know before considering Baby Botox injections:

There is no “formulaic” approach: Keep in mind that these micro injections require a more refined technique and a personalized approach. You need to find an experienced injector with advanced training to meet the Baby Botox requirement of personalization.

You still need larger doses for larger areas: Larger muscles and deeper wrinkles require higher units of Botox than smaller lines and wrinkles. For example, men are more likely to require a higher dose because they have bigger muscles.

You can think of it as a prevention strategy: When done in smaller doses, Botox can be used to prevent wrinkles from sprouting up in younger patients. It’s subtler and can be done over a long period of time with “maintenance doses”.

FAQs About Baby Botox

Some questions patients frequently ask about the Baby Botox procedure are:

What is the difference between Baby Botox and regular Botox?

A: The main difference between these two treatments is that the doses of Botox used is much lower for more subtle results. These micro doses are more like a complexion freshener for parts of the face and the body.

How much does it cost?

A: Baby Botox tends to be much cheaper than the traditional procedure due to the fewer units needed. Rates vary depending on the clinic and the location, but you can expect your bill to average from \$200 - \$300. There is also less maintenance involved so you won’t need to have too many follow-up appointments.

What are the potential risks or side effects?

A: Because Botox is already a low risk, noninvasive procedure, Baby Botox is even less riskier. However, it’s still essential to find a trained cosmetic surgeon or experienced injector to reduce the likelihood of common side effects such as:

Swelling

Bruising

“Crooked” or asymmetrical results

Dry mouth

Muscle weakness

Droopy eyebrows

Headaches

Other flu-like symptoms.

Which target areas can the procedure address?

A: Typically, Botox is applied to areas in the face where wrinkling appears. These are usually the crow’s feet, forehead, brow furrows, lips, frown lines, neck, and jawbone.

Who is an ideal candidate?

A: An ideal candidate for Baby Botox should have healthy skin, no prior reaction or allergies to botulinum toxin, and does not have high blood pressure, hepatitis, or any other bleeding condition. Women who are pregnant should also avoid getting botulinum toxin injections to

prevent any complications. Many dermatologists would also recommend this procedure for people who are experiencing the aging process, usually those who are in the late 20s onwards.

When do I get to see the results?

A: Generally, your muscles will begin to become paralyzed a few days after the procedure and the final results will take a week to settle in.

How long do the effects last?

A: The effects of Baby Botox are not permanent. They last an average of 2-3 months. Your dermatologist or cosmetic surgeon will always favor injecting less so you can decide to have more injections if you need it. However, if you are not satisfied with the results, you will need to wait for the effects to wear off naturally.

How do I prepare for the treatment?

A: Prior to undergoing the procedure, you need to express your concerns, expectations, and health conditions to your surgeon during your initial consultation appointment. Your doctor will instruct you to avoid taking any blood thinners like aspirin, ibuprofen, and alcohol for at least two weeks before the injection.

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